

Monday February 18th

GF

A. 3x5 Front Squat
(across 80%)

B. AMRAP 6

Buy in: 40 Wallballs

- 10 Deadlifts 135/95
- 10 Burpees over Bar

Rest 3:00

C. AMRAP 6

Buy in: 30 Wallballs

- 6 Deadlifts 155/115
- 6 Burpees over Bar

GFL

A. 3x5 Front Squat
(across 80%)

B. AMRAP 6

Buy in: 40 Wallballs

- 10 Deadlifts 95/65
- 10 Burpees over Bar

Rest 3:00

C. AMRAP 6

Buy in: 30 Wallballs

- 6 Deadlifts 115/95
- 6 Burpees over Bar

Competitors

A. 3x5 Front Squat
(across 85%)

B. AMRAP 6

Buy in: 40 Wallballs

- 10 Deadlifts 155/115
- 10 Burpees over Bar

Rest 3:00

C. AMRAP 6

Buy in: 30 Wallballs

- 6 Deadlifts 205/135
- 6 Burpees over Bar

Tuesday February 19th

GF

A. In 20 Minutes:

1500m row

Then in remaining time
AMRAP

- 10 Pull-ups
- 5 Hang Squat Cleans 115/80
- 5 Push Jerk 115/80

GFL

A. In 20 Minutes:

1500m row

Then in remaining time
AMRAP

- 10 Banded Pull-ups
- 5 Hang Squat Cleans 75/55
- 5 Push Jerk 75/55

Competitors

A. In 20 Minutes:

1500m row

Then in remaining
AMRAP

- 10 C2B Pull-ups
- 5 Hang Squat Cleans 135/95
- 5 Push Jerk 135/95

Wednesday February 20th

GF

A. For time:

100 Air Squats

5 Rounds:

- Cal ASS Bike 10/8
- 15 Push-ups

100 Air Squats

GFL

A. For time:

50 Air Squats

5 Rounds:

- Cal ASS Bike 8/5
- 10 Push-ups

50 Air Squats

Competitors

A. For time:

100 Air Squats

5 Rounds:

- Cal ASS Bike 10/8
- 15 Push-ups

100 Air Squats

Thursday February 21st

GF

A. EMOM 15

- 1 Snatch
(increasing load)

B. AMRAP 9

- 3 Snatch 105/75
- 3 Dips
- 3 Box Jumps 24/20

GFL

A. EMOM 15

- 1 Snatch
(increasing load)

B. AMRAP 9

- 3 Snatch 75/55
- 3 Ring Rows
- 6 Step-ups 24/20

Competitors

A. EMOM 15

- 1 Snatch
(increasing load)

B. AMRAP 9

- 3 Snatch 155/105
- 3 Ring Muscle ups
- 3 Box Jumps 30/24

Friday February 22nd

GF

GFL

Competitors

Open Workout
19.1

Open Workout
19.1

Open Workout
19.1

Saturday February 23rd

GF

AMRAP 15

- 5 HSPU
- 10 DB Snatch
40/25
- 20 Medball Cleans
20/14
- 30 Sit-ups

GFL

AMRAP 15

- 5 Push Ups
- 10 DB Snatch
30/20
- 20 Medball Cleans
14/12
- 30 Sit-ups

Competitors

AMRAP 15

- 5 HSPU
- 10 DB Snatch
50/35
- 20 Medball
Cleans 30/20
- 30 Sit-ups

Sunday February 24th

GF

- Linchpin Test 4:
2 Rounds for time
- 18 Cal Row
 - 15 Thrusters
75/55
 - 12 Pull-ups

- EMOM 8:
- 2 Rope Climbs

GFL

- Linchpin Test 4:
2 Rounds for time
- 18 Cal Row
 - 15 Thrusters
65/45
 - 12 Banded Pull-ups

- EMOM 8:
- 4 Floor Pulls

Competitors

- Linchpin Test 4:
2 Rounds for time
- 18 Cal Row
 - 15 Thrusters
95/65
 - 12 C2B Pull-ups

- EMOM 8:
- 2 Legless Rope Climbs