4r for time
21 push up
12 strict hspu
21 sit up
12 pull up

5min amrap
21 HSPU
15 Ring Dips(Box Dips)
9 Push Ups
1min rest

5min amrap
15 HSPU
12 Ring Dips
9 Push Ups
1min rest

5min amrap
9 HSPU
9 Ring Dips
9 Push Ups

Total 4Rounds For Time;
3Rounds
5 Pull up
10 Push up
15 Air squat
and
50 Double under

For time;
Threshold training
2:00on - 4:00off x 5rounds
250/200m Row or 30sec Sprint
5 HSPU
Max Burpee
Team of 3
For time
100cal Row
150 Air squat
200 partner leg raise
250 Mountain climber (l+r=1)
300 Jumping jack

9min amrap
6 HSPU
9 Box jump over 24 / 20
12 Push up

2min rest

9min amrap
15 Sit up
12 Jumping lunge (l+r=1)
9 Burpee

“barbara”
5rounds for time;
20 pull up
30 push up
40 sit up
50 squat
3min rest b/w sets

5rounds for time;
24 Box jump
24 Walking Lunge
24 Ring Row
24 Sit up

timecap 30min

For time;
500m Run
40 Air squat
30 Sit up
20 Push up
10 Pull up

10Rounds for time;
5 pull up
15 Sit up
30 Double Under

10Rounds For time;
5 HSPU
7 Toes To Bar
10 Abmat Sit up
*timecap 20min

10rounds For time;
10 Push up
10 Pistol (l = 1, r = 1)
10 Sit up

Strength
EMOM for 12min
1min 5 - 7 Strict pull up (bg: Ring row)
1min 5 - 7 Strict HSPU (bg: 10 Pike push up, 10 push up)

Conditioning
12min ascending ladder
3 - 6 - 9 - 12 - 15...
Pull up
HSPU
20 DU

7 Rounds for time;
7 Ring dip (or Box dip)
7 Air squat
7 Toes to bar
7 Jumping Lunge (L + R = 1)
7 Sit up
7 Push up
7 Shoulder touch (L + R =1) (bg: floor, L + R = 1)

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