

Monday 30

For weight

2-3-5-10-2-3-5-10 Deadlift

12-12-12-12 Barbell / Dumbbell Row

120s L-Sit

W

Tuesday 1

AMRAP 15

9/6 Bike Calories

7 Hand Release Push-ups

5 Knees-to-elbows

180s Hang

200 Dubs

MG

Wednesday 2

Intervals For Time 3 mins rest

15 OHS 95/65lbs

Run, 400m

1-1-1 DB FR Walk Lunge

1-1-1 Farmer Carry

MW

Friday 4

For Time

100 Air Squats

25 Strict Pull-ups

75 AS 25 SPU

50 AS 20 SPU

2 x 120s Side Plank

40 DB Box Step-up

G

Saturday 5

For Time 10-8-6-4-2

Bar Facing Burpee

Toes-to-bar

Clean & Jerk, 155/105 lbs

12-12-12 Shoulder Press/HSW

Row 1000m/Run 800m/3m Bike Cals

GW

CrossFit Linchpin



30 November 2020