

## Monday 7

**For Time** **3R, Rest 5, 2R**

5 Bar Muscle-ups  
Handstand Walk, 10 m  
15/10 Bike Calories

12-12-12-12 Barbell / Dumbbell Row  
SLIPS

MG

## Tuesday 8

**For weight**

2-3-5-10-2-3-5-10 Front Squat

FQ: 40/40 Pistols  
40 Windshield Wipers

W

## Wednesday 9

**Each For Time** **Every 30s**

Run: 20x 55 yd

30 Box Jumps  
1-1-1 Farmer Carry

M

## Friday 11

**For Time (or not)**

200 Dubs  
100 Sit-ups  
100 DB Power Snatch 50/35lbs

2 x 120s Side Plank  
12-12-12 OHP / 1-1-1 OH Carry

GW

## Saturday 12

**For Time** **4 Rounds**

Run, 800 m  
35 Wall Balls, 20/14 lbs  
3 Rope Climbs, 15 ft

12-12-12 Bulgarian SS  
Row 300m/Run 200m/1m Bike Cals

MG

## CrossFit Linchpin



07 December 2020