

**Monday 14**

**For weight**

Clean & Jerk 1-1-1-1-1-1

Plank Hold 1x 120 secs

Linchpin Barbell Complex 4 / SLIPS

W

**Tuesday 15**

**Each For Time**

Row: 5x 500 m

Planche Progression Work, 10 mins

Landmine Twist 12-12-12

M

**Wednesday 16**

**3R For time (or not).**

18/12 Bike Calories

15 Chest-to-bar Pull-ups

12 Overhead Squats, 50% 1RM

40 DB Box Step-up

OHC 1-1-1 / 15 W Walk / 4x8 Sotts P

Partner Option

MGW

**Friday 18**

**For Time**

Run, 1mi

Then 4 rounds of

25 Push-ups

15 Hang Power Cleans, 95/65 lbs

15 V-ups

Farmers Carry 1-1-1

Close Grip Bench Press 12-12-12

MGW

**Saturday 19**

**2 Intervals For Time 3 mins rest**

50 Double Unders

15 Dumbbell Push Press, 50/35 lbs

DB W Lunge, 50/35 lbs, 15 m

Run, 400 m

DB W Lunge, 50/35 lbs, 15 m

15 DB PP, 50 DU

Single Stiff Legged Deadlift 12-12-12

Low Ring Muscle-ups 1x20

MW

**CrossFit Linchpin**



14 December 2020