

Monday 21

27-21-15-9 reps, for time of:

Row Calorie

Russian Kettlebell Swing, 70/53 lb

GHD Sit-up

Burpee Box Jump Over, 24/20 in

Chin Over Bar Hold 1x 120 secs

Sprint: 5x 50 m

MG

Tuesday 22

For weight

Overhead Squat 2-2-2-2-2-2

Pistol / 5x1 Snatch Complex

3x3x12 DB Raise

W

Wednesday 23

Every 3 mins for 30 mins do

12/8 Bike Calories

Box Jump, pick height : 1x30

Candlestick

M

Friday 25

For Reps

Death By Dumbbell Thruster

Death By Strict Pull-up

SLIPS

200 Dubs

GW

Saturday 26

4 rounds for time of:

12 Deadlifts, 225/155 lbs

12 Ring Dips

Shuttle Run, 200 m (4x 50 m)

Row 300m/Run 200m/1m Bike Cals

Farmers Carry 1-1-1

Partner Option

MGW

CrossFit Linchpin



21 December 2020