

Monday 28

For weight:

Back Squat 1-1-1-1-1-1

DB Front Rack Walking Lunge 1-1-1
Side Plank 2x 120 secs

W

Tuesday 29

7 rounds for time (or not) of:

21 Sit-ups

Handstand Walk, 7 m

3 Clean & Jerks, pick load

GH Raises 3x10 / SSLDL 3x12
OH Carry 1-1-1 / 15 Wall Walks

GW

Wednesday 30

Each for time:

Run: 8x 200 m

Farmers Carry 1-1-1
Box Jump, pick height : 1x30

M

Friday 1

For Time:

Fran

LP BB Complex 1 / Med Clean 1x75
Low Ring Muscle-ups 1x20

GW

Saturday 2

AMRAP 20:

12/8 Bike Calories

10 Kettlebell Swings, 53/35 lbs

8 Burpees

Barbell Glute Bridge 10-10-10
Landmine Twist 3x12 / V-ups 1x60

Partner Option

MG

CrossFit Linchpin



28 December 2020