

Monday**4****4 rounds for max reps of:**

Rope Climbs, 15 ft, 2 mins

DB Squat Cleans, 50/35 lbs, 1 min

Rest 2 mins between each round.

SLIPS

200 Dubs

GW

Tuesday**5****For Time**

Run, 1 mi

50 Wall Balls, 20/14 lbs

50 Hollow Rocks

Row, 1 km

50 HR, 50 WB

Run, 1 mi

Row 500m/Run 400m/1:30 Bike Cals

3RFQ: Dot Drill 1, 30 secs

40 L Pistols, 40 R Pistols

GM

Wednesday**6****Every 1 min for 30 mins.**

1 Hang Power Snatch, pick load

OHP12-12-12/OHC1-1-1/Sotts4x8

Farmers Carry 1-1-1

W

Friday**8****5 rounds for time (or not) of:**

70 Double Unders

5 Deadlifts, pick load (60-70%1RM)

30 Push-ups

Barbell Glute Bridge 10-10-10

4RFQ: Dot Drill 2, 30 secs

40 Windshield Wipers

Partner Option

GW

Saturday**9****21-15-9 reps, for time of:**

Shoulder-to-Overhead, 135/95 lbs

Chest-to-bar Pull-up

**2017 CFG Qualifier Workout 3 - Teens
16-17 / Masters 35-54**

3 RF-ME: HPC and STOH

Strict Pull-ups 3x15

WG

CrossFit Linchpin

04 January 2021