

**Monday 11**

**For time (or not):**

SR (200m), 12 FS, 65% 1RM  
SR (200m), 35 GHD Sit-ups  
SR (200m), Walking Lunge, 70 m  
SR (200m), 35 GHD Sit-ups  
SR (200m), 12 FS, 65% 1RM  
SR (200m)

Dumbbell Box Step-up 1x40  
Dubs 200 or 5m /LLHop FQ, 3x30secs

MGW

**Tuesday 12**

**3 RFT (A), Rest 5m, 3RFT (B):**

**A:** 9 Power Snatches, 60% 1RM  
9/6 Bike Calories

**B:** 9 Power Cleans, 50% 1RM  
9/6 Bike Calories

Linchpin Barbell Complex 2  
Row 500m / Run 400m / 90s Bike Cal

Partner Option

MW

**Wednesday 13**

**AMRAP 20:**

2 Muscle-ups  
4 Handstand Push-ups  
8 Kettlebell Swings, 2/1.5 pood

Plank Hold 1x 120 secs  
OHP 3x12 / OHC 3 / HSW / HS Hold

G

**Friday 15**

**10 Intervals For Time:** 2 mins rest

10 Burpees  
Sprint, 100 m

Planche / Landmine Twist  
Farmer Carry 1-1-1

MG

**Saturday 16**

**For weight:**

Clean & Jerk 3-3-3-3-3

LPBBC3 / SSLDL 3x12 / Clean Pull 4x5  
Row 1k / Run 800m / 3m Bike Cals

W

**CrossFit Linchpin**



11 January 2021