

Monday 18

3 rounds for time of:

Run, 400 m

10 Bar Muscle-ups

10 Overhead Squats, 60% 1RM

2 RFR: Strict Pull-ups

4 RFQ: Single Leg Lateral Line Hops

Bulgarian Split Squat 12-12-12 MGW

Tuesday 19

For time (or not):

100 Double Unders

25 Dumbbell Push Press, 50/35 lbs

25 Knees-to-elbows

75 dubs, 20 PP, 20 KTE

50 dubs, 15 PP, 15 KTE

LP BB C 6 / OHC 3x1 / Wall Walks 15

50 Burpee Box Jump Overs, 24/20 in

GW

Wednesday 20

For weight:

Deadlift 5-5-5-5-5

Side Plank 2x120s / Candlestick, 10m

Barbell Glute Bridge 3x10 / FC 3x1

W

Friday 22

4 Intervals For Time: 3 mins rest

8 Strict Pull-ups

8 Kipping Pull-ups

Front Rack Lunge, 135/95lbs, 15 m

15 Toes-to-bars

18/12 Bike Calories

BB/SADB Bent Over Row 12-12-12-12

FQ: 40 Pistols and 3 RFQ: Dot Drill 1

Partner Option

MG

Saturday 23

For weight:

Shoulder Press 1-1-1-1-1, using
heaviest weight per set

Push Press 3-3-3-3-3, using heaviest
weight per set

Push Jerk 5-5-5-5-5, using heaviest
weight per set

SLIPS

200 Dubs

W

CrossFit Linchpin



18 January 2021