

Monday 1

For Time: **Linchpin Test 12**

Run, 400 m
15 Clean & Jerks, 135/95 lbs
3 Rope Climbs, 15 ft
Run 400 m, 12 C&J 135/95, 2RC 15ft
Run 400 m, 9 C&J 135/95, 1RC 15ft

3 RF-ME: HPC and STOH / SSDL 3x12
Low Ring Muscle-ups 1x20

MGW

Tuesday 2

3 Intervals For Time: 3 mins rest

DB Front Rack Lunge, 50/35 lbs, 30 m
25 GHD Sit-ups
20 Box Jumps, 24/20 in
15 Burpee Box Jump Overs, 24/20 in

FQ: 40/40 Pistols
Farmer Cary 1-1-1

Partner Option

GW

Wednesday 3

For weight:

Squat Snatch 1-1-1-1-1-1-1

LPBBC 2 / OHC 3 / 3RFQ: 10 TGU
200 Dubs

W

Friday 5

21-15-9 reps, for time of (or not):

Handstand Push-up
Ring Dip
Push-up

J.T.

4 RFQ: Dot Drill 2
3x Run 50 m/3 x Bike 10s/3 x Row 10s
Planche, 10m/LM Twist 3x12

G

Saturday 6

For Time (or not):

40 Strict Pull-ups
30 Squat Snatches, 65% 1RM
20 Deadlifts, 70% 1RM

LPBBC 4 / MBC 1x75
Plank Hold 1x120

GW

CrossFit Linchpin



01 February 2021