

**Monday**

**8**

**5 rounds for time of:**

**Ryan**

7 Muscle-ups

21 Burpees

Row 1000m/Run 800m/3m Bike Cals  
Farmer Cary 1-1-1

**G**

**Tuesday**

**9**

**3 Intervals For Time:**

**3 mins rest**

55 Double Unders  
25 Wall Balls, 20/14 lbs  
15 Knees-to-elbows  
15 Deadlifts, 50% 1RM  
Row, 500 m

OHC 3  
BSS 3x12

Partner Option

**MGW**

**Wednesday**

**10**

**30 mins for distance:**

Run, bike, or row

Box Jump : 1x25  
Side Plank 2x 120 secs

**M**

**Friday**

**12**

**For weight:**

Front Squat 1-1-1-1-1-1

DB Box Step-up 1x40 / LPBBC 3  
L-Sit 1x 120 secs / FQ Bear Hug Hold

**W**

**Saturday**

**13**

**18-15-12-9-6-3 reps, for time of:**

Chest-to-bar Pull-up  
Russian Kettlebell Swing, 70/53 lbs  
Box Jump, 24/20 in

4 RFQ: Dot Drill 2  
HRPU 1x75 / PU 1x75  
200 Dubs

**GW**

**CrossFit Linchpin**



**08 February 2021**