


<b>Monday 15</b> <b>5 rounds for time of:</b> <b>DT</b> 12 Deadlifts, 155/105 lbs 9 Hang Power Cleans, 155/105 lbs 6 Push Jerks, 155/105 lbs  Clean Pull 5-5-5-5 OHC 3 / OHP 3x12 / 3RFQ 10 TGU Partner Option <b>W</b>	<b>Tuesday 16</b> <b>Each for time:</b> <b>Rest as needed</b> 5 x Run 50 m 3 x Run 400 m 1 x Run 800 m  Box Jump, pick height : 1x25 Side Plank 2x 120 secs <b>M</b>	<b>Wednesday 17</b> <b>AMRAP 20:</b> <b>Cindy</b> 5 Pull-ups 10 Push-ups 15 Air Squats  DB Front Rack Walking Lunge 1-1-1 Farmers Carry 1-1-1 <b>G</b>
<b>Friday 19</b> <b>3 rounds for time of:</b> <b>SQT</b> 10 Ground-to-Overheads, 95/65lbs Shuttle Run, 200 m (4x 50 m)  Row 500m/Run 400m/1:30 Bike Cals SLIPS <b>MW</b>	<b>Saturday 20</b> <b>For time (or not):</b> 100 Single Unders 50 Box Jumps, 24/20 in 25 Bar Muscle-ups 50 Toes-to-bars 25 Front Squats, 60% 1RM 100 Single Unders FQ: 40 Pistols / LPBBC 5 50 BBJO / 50 Burpees <b>GW</b>	<b>CrossFit Linchpin</b>  15 February 2021