

Monday

1

For weight:

Back Squat 5-5-5-5-5

FQ: 40/40 Pistols

Side Plank 2x 120 secs

W

Tuesday

2

4 rounds for time (or not) of:

60 Double Unders

20 GHD Sit-ups

15 Devil Press, 35/25 lbs

Row 500m/Run 400m/1:30 Bike Cals

OHP 3x12 / OHC 3

GW

Wednesday

3

5 Intervals For Time: 3 mins rest

20 Push-ups

Walking Lunge, 20 m

20/15 Bike Calories

Plank Hold 1x 120 secs

Pull-up Bar Hang 1x 180 secs

MG

Friday

5

3 rounds for time of:

Shuttle Run, 200 m (4x 50 m)

9 Box Jumps, 24/20 in

9 HPS, 115/75 lbs, 3 RMU

Shuttle Run, 200 m (4x 50 m)

9 Box Jumps, 24/20 in

9 PC, 115/75 lbs, 3 RMU

15 WW / Sotts Press 4x8

Supinated Strict Pull-ups 3x12

MW

Saturday

6

Each for time:

Row: 3x 1000 m

BB/DB Bent Over Row 12-12-12-12

SLIPS

M

CrossFit Linchpin



01 March 2021