

Monday 8

3 rounds for time of: **Ellen**

20 Burpees

21 Dumbbell Snatches, 50/35 lbs

12 Dumbbell Thrusters, 50/35 lbs

Bulgarian Split Squat 12-12-12

Double Unders 1x200

GW

Tuesday 9

For time (or not):

100/70 Bike Calories

100 Sit-ups

10 Rope Climbs, 15 ft

50/35 Bike Calories

50 Sit-ups

5 Rope Climbs, 15 ft

Chin Over Bar Hold 1x 120 secs

Farmers Carry 1-1-1

Partner Option

MG

Wednesday 10

For weight:

Clean & Jerk 4-4-4-4-4

Shoulder Press 12-12-12 / LPBBC 6

Barbell Glute Bridge 10-10-10

W

Friday 12

Each for time:

Run: 8x 200 m

Side Plank 2x 120 secs

Box Jump, pick height : 1x25

M

Saturday 13

4 rounds for time:

2 rounds of Cindy

15 Power Snatches, 75/55 lb

DB Front Rack Walking Lunge 1-1-1

Overhead Carry 1-1-1 / 3x10 TGU

M

CrossFit Linchpin



08 March 2021