

Monday 15

For time: **Jerry**

Run, 1 mi
Row, 2000 m
Run, 1 mi

Farmers Carry 1-1-1
Glute Ham Raises 3x10 / SSLDL 3x12

M

Tuesday 16

For weight:

Front Squat 7-7-7-7

Medicine Ball Clean 1x75 / LPBBC4
Windshield Wipers 1x40

W

Wednesday 17

5 rounds for time (or not) of:

15 Kettlebell Swings, 70/53 lbs
15 Burpees

Sprint: 5x 50 m / Row or Bike 5 x 10s
SLIPS

Partner Option

MG

Friday 19

9-7-5 reps, for time of: **Amanda**

Muscle-up
Squat Snatch, 135/95 lbs

OHC 3 / Sotts Press 3x8 / LPBBC2
Low Ring Muscle-ups 1x20

GW

Saturday 20

3 Intervals For Time: 3 mins rest

30 Wall Balls, 20/14 lbs
15 Toes-to-bars
15/10 Bike Calories

Dumbbell Box Step-up 1x40
Double Unders 1x200

MG

CrossFit Linchpin



15 March 2021