

Monday 22

AMRAP 30 mins of: McGhee

5 Deadlifts, 275/185 lbs

13 Push-ups

9 Box Jumps, 24/20 in

Farmers Carry 1-1-1

Lindmine 3x12 / WWiper 1x40

GW

Tuesday 23

Death By Bike Calorie

Skill Work, 10 mins

SLIPS

M

Wednesday 24

3 rounds for time (or not) of:

12 Dumbbell Thrusters, 50/35 lbs

9 Pull-ups

50 Double Unders

Rest 5 min then 3rft: 9dt 6pu

FQ: 40/40 Pistols / LPBBC1

3 RFR: Supinated Strict Pull-ups

GW

Friday 26

7 intervals for time, of: Rest 1:3

7 Strict Ring Dips

7 Power Snatches, 115/75 lbs

Shuttle Run, 200 m (2x 100 m)

Power Clean 7-7-7

Sotts Press 8-8-8-8 / OHC 1-1-1

Partner Option

MGW

Saturday 27

For time:

Buy in: Plank Hold, 1 min

3 rounds of:

25 V-ups

20 Box Jumps, 24/20 in

10 Back Squats, 55% 1RM

Cash out: Plank Hold, 1 min

Dumbbell Box Step-up 1x40

Row 1000m/Run 800m/3m Bike Cals

GW

CrossFit Linchpin



22 March 2021