

Monday 5

3 rounds for time of: Christine

Row, 500 m

12 Deadlifts, 1x bodyweight

21 Box Jumps, 20 in

GHR 3x10 / SSLDL3x12

V-ups 1x60 / FQ: Bear Hug Hold

Partner Option

MGW

Tuesday 6

3 cycles each for time: 3 mins rest

2 rounds of:

25 Double Unders

5 Strict Handstand Push-ups

25 Double Unders

7 Push Press, 60% 1RM

SLIPS

Pull-up Bar Hang 1x 180 secs

GW

Wednesday 7

6-9-12-9-6 reps, for time of:

Lateral Burpee Over Barbell

Front Squat, 185/135 lbs

Chest-to-bar Pull-up

Dumbbell Box Step-up 1x40 / LPBBC4

LM Twist 12-12-12 / FQ: Candlestick

GW

Friday 9

For time:

75 Wall Balls, 20/14 lbs

Run, 1 mi

Walking Lunge, 50 m

Run, 1 mi

DB Front Rack Walking Lunge 1-1-1

5x50m / 5x10s Bike or Row

MGW

Saturday 10

EMOM 30

1 Power Snatch

LPBBC2 / Sotts Press 4x8 / 15 WW

Strict Toes-to-bars 1x50

W

CrossFit Linchpin



05 April 2021