

Monday 12

5 intervals for time: Rest 1:3

15 GHD Sit-ups
10 Push Jerks, 60% 1RM
20/15 Bike Calories

OHP 3x12 / OHC 3
Row 500m / Run 400m / 90s Bike Cal

MGW

Tuesday 13

3 rounds for time of: Nasty Girls

50 Air Squats
7 Muscle-ups
10 Hang Power Cleans, 135/95 lbs

LPBBC2 / Sotts Press 4x8 / 15 WW
LRMU 1x20 / Supinated PU 3x12

GW

Wednesday 14

7 rounds for time of:

Shuttle Run, 200 m (4x 50 m)
10 Devil Press, 35/25 lbs

Side Plank 2x 120 secs
Double Unders 1x200

Partner Option

MW

Friday 16

For weight:

Back Squat 3-3-3-3-3

Pistol 40 / LPBBC5
Plank Hold 1x 120 secs

W

Saturday 17

For time (or not):

Row 5 km

L-Sit 1x 120 secs / FQ Bear Hug Hold
Wall Walk 15 / TGU 3x10

M

CrossFit Linchpin



12 April 2021