

Monday 19

7 rounds for time (or not) of:

Run, 200 m

DB Farmers Carry, 50/35 lbs, 50 m

7 Knees-to-elbows

Handstand Walk, 5 m

Low Ring Muscle-ups 1x20

5x50m / 5x10s Bike or Row

MGW

Tuesday 20

For weight:

Snatch 2-2-2-2-2-2-2

Dumbbell Box Step-up 1x40

Sotts Press 8-8-8-8 / LPBBC2 2-4

W

Wednesday 21

EMOM 30, alternating between:

10 Burpees

2 Rope Climbs, 15 ft

40 Double Unders

Planche / Landmine Twist

Pull-up Bar Hang 1x 180 secs

G

Friday 23

5 rounds for time of: LP Test 10

15 Wall Balls, 20/14 lbs

15 Power Cleans, 95/65 lbs

DB Front Rack Walking Lunge 1-1-1

LPBBC 4 / W Wiper 1x40

Partner Option

W

Saturday 24

15-12-9 reps, for time of:

HSPU, TTB, Bike Cal

2:1 rest then 12-10-8 of:

PP 60%, TTB, Bike Cal

OHC 1-1-1 / Wall Walks

Row 500m / Run 400m / 90s Bike Cal

MG

CrossFit Linchpin



19 April 2021