

Monday 10

For time: Linchpin Test 5

20 Back Squats, 225/155 lbs

Run, 2 mi

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Medicine Ball Clean 1x75

Double Unders 1x200

MW

Tuesday 11

5 rounds for max reps of: Lynne

Bench Press, 1x bodyweight

Pull-ups

Candlestick / Landmine Twist 3x12

OHC 3

WG

Wednesday 12

EMOM 21 of:

max rep Row Calories, 30 secs

10 Box Jumps, 24/20 in

10 V-ups

Farmer Carry 1-1-1

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

MG

Friday 14

5 intervals, for time, of:

2 Rope Climbs, 15 ft

Dumbbell Lunge, 50/35 lbs, 12 m

12/8 Bike Calories

50 BBJO / 50 Burpees

Pistol 40

Partner Option

MGW

Saturday 15

For weight:

Clean & Jerk 3-3-3-3-3

WW & HS Options / LPBBC3

L-Sit 1x 120 secs / FQ Bear Hug Hold

W

CrossFit Linchpin



10 May 2021