

Monday 17

AMRAP 25 of:

30/20 Bike Calories

15 R. Kettlebell Swings, 53/35 lbs

10 Box Jumps, 24/20 in

Row 2x300m/Run 2x200m/ 2x1m Bike
Double Unders 1x200

MG

Tuesday 18

EMOM 20 of:

10 Supinated Strict CTB Pull-ups

Bike Calories, 30 secs easy effort

5 Overhead Squats, 75% 1RM

Plank Hold, 30 secs

Planche / Landmine Twist

DB Front Rack Walking Lunge 1-1-1

MGW

Wednesday 19

3 rounds for time of:

50 Double Unders

Run, 400 m

30 Sit-ups

20 Push Press, 95/65 lbs

Farmer Carry 1-1-1

Pull-up Bar Hang 1x 180 secs

MGW

Friday 21

4 intervals, each for time, of:

7 Deadlifts, 70% 1RM

20 Medicine Ball Cleans, 20/14 lbs

15/10 Row Calories

Low Ring Muscle-ups 1x20

Bulgarian Split Squat 12-12-12

Partner Option

MW

Saturday 22

10 rounds for time (or not) of:

15 Hand Release Push-ups

10 Hollow Rocks

5 Strict Ring Dips

SLIPS

Row / Run / Bike x 20 mins

MWG

CrossFit Linchpin



17 May 2021