

Monday 7

10 rounds for time of: Grettel

3 Clean & Jerks, 135/95 lbs

3 Burpees Over Bar

MLT: 9', SFR: 5'30"

Strict Pull-ups 2x75% / LRMU 20
LPBBC6

GW

Tuesday 8

For weight:

Back Squat 1-1-1-1-1-1-1

B Power Lifts

MLT: 90%, SFR: 70%

Bulgarian Split Squat 12-12-12
5x50m / 5x10s Bike or Row

W

Wednesday 9

21-15-9 reps, for time of: J.T.

Handstand Push-up

Ring Dip

Push-up

B Bodyweight

MLT: 16'30", SFR: 9'

Double Unders 1x200
Pull-up Bar Hang 1x 180 secs

G

Friday 11

3RFT A, rest 3', 3RFT B:

A - 15/10 Bike Calories

10 Dumbbell Squats, 50/35 lbs

5 Bar Muscle-ups

B - 12/9 Bike Calories

6 Dumbbell Squats, 50/35 lbs

2 Rope Climbs, 15 ft

MLT: 12' then 10'30", SFR: 8' then 6'40"

Pistol 40

Chin Over Bar Hold 1x 120 secs

Partner Option

MGW

Saturday 12

For weight:

Clean & Jerk 1-1-1-1-1-1-1

B Olympic Lifts

MLT: 50%, SFR: 75%

Banded Marches, 5' FQ

Wall Walk 15 / OHP 3x12

W

CrossFit Linchpin



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