

Monday 14

2 rounds for time of: LP Test 4

18/12 Row Calories
15 Thrusters, 95/65 lbs
12 Chest-to-bar Pull-ups

MLT: 6'40, SFR: 4'55

Medicine Ball Clean 1x75
Row 2x300m/Run 2x200m/ 2x1m Bike

MGW

Tuesday 15

16-14-12-10-8 reps of:

Hang Power Clean, 115/75 lbs
Hand Release Push-up
Knees-to-elbow
Shuttle Run, 200 m (4x 50 m)

MLT: 20', SFR: 12'

Double Unders 1x200
50 BBJO / 50 Burpees

MGW

Wednesday 16

For weight:

Overhead Squat 9-7-5-3-1

MLT: 55%, SFR: 75% for all

DB Front Rack Walking Lunge 1-1-1
Sott's Press 8-8-8-8 / LPBBC2 2-4

W

Friday 18

EMOM 15, alternating:

50 Double Unders
20 Push Press, 75/55 lbs
max rep Bike Calories, 30 secs

See App

Candlestick / Landmine Twist 3x12
OH Carry 1-1-1 / HS Hold / HSW

Partner Option

MGW

Saturday 19

3 intervals for time, of: 1:1 to 1:2

Run, 400 m
12 Bar Facing Burpees
9 Deadlifts, 70% 1RM
6 Ring Muscle-ups

MLT: 5'30, SFR: 3'15

Banded Marches, 5' FQ
Low Ring Muscle-ups 1x20

MGW

CrossFit Linchpin



14 June 2021