

Monday 21

For Time:

100 Air Squats
25 Strict Pull-ups
75 AS, 20 Strict PU
50 AS, 15 Strict PU

MLT: 22', SFR: 10'

L-Sit 1x 120 secs / FQ Bear Hug Hold
Dumbbell Box Step-up 1x40

G

Tuesday 22

For distance:

Ruck March: 1x 60 mins

or 5k TT or FT: 1mi. Sled Drag

FQ: 40 Pistols / LPBBC 5
Plank Hold 1x 120 secs

M

Wednesday 23

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

6 Squat Snatches, 65% 1RM
Handstand Walk, 6 m
18/12 Bike Calories

MLT: 3'30, SFR: 1'41

Windshield Wipers 1x40
LPBBC8

MGW

Friday 25

4 rounds for time of:

Farmers Carry, 50/35 lbs, 400 m
30 Sit-ups
Run, 200 m
15 DB Push Press, 50/35 lbs

MLT: 50', SFR: 35'

OHP 3x12 / OHC 3 / WW
5x50m / 5x10s Bike or Row

MGW

Saturday 26

For weight:

Front Squat 5-5-5-5-5

MLT: 50%, SFR: 70% for all

SLIPS
Pistol 40

W

CrossFit Linchpin



21 June 2021