

Monday 5

5 R, each for time, of: 3' each R

20 Pull-ups
30 Push-ups
40 Sit-ups
50 Air Squats

MLT: 6'15/R, SFR: 3'30/R

Medicine Ball Clean 1x75
Pull-up Bar Hang 1x 180 secs

Partner Option G

Tuesday 6

For time (or not):

Run, 1.5 mi
40 Push Press, 95/65 lbs
50/35 Bike Calories
30 Push Press, 95/65 lbs

MLT: 31", SFR: 22"

Farmer Carry 1-1-1
Plank Hold 1x 120 secs

MW

Wednesday 7

For weight:

Power Snatch 3-3-3-3-3-3

MLT: 55%, SFR: 75% for all

V-ups 1x70
WW / Sotts / Snatch Bal.

W

Friday 9

Go every 30 secs for 10 minutes:

Run 55yds

MLT: 10-14", SFR: 8"

Double Unders 1x200
SLIPS

M

Saturday 10

9-6-3 A, rest 5', 3-6-9 B:

Squat Clean Thruster, below
Burpee Box Jump Over, 24/20 in
A: 135lbs, B:115lbs

MLT: 9', SFR: 4'30 for each

DBFRWL 1-1-1 / LPBBC 4
50 BBJO / 50 Burpees

GW

CrossFit Linchpin



05 July 2021