

Monday 19 AMRAP 10 of: CFGO 11.1 30 Double Unders 15 Power Snatches, 75/55 lbs MLT: 4R, SFR: 6R LPBBC2/Ro1k/Ru800m/3mBiCa GHD Sit-up 1x80 GW	Tuesday 20 AMRAP 20 of: Nate 2 Muscle-ups 4 Handstand Push-ups 8 Kettlebell Swings, 2/1.5 pood MLT: 11R, SFR: 15R Pull-up Bar Hang 1x 180 secs Overhead Carry 1-1-1 / 3x10 TGU GW	Wednesday 21 For weight: Back Squat 2-2-2-2-2-2-2 MLT: 60%, SFR: 80% Pistol 40 W.Wipers 1x40/LM Twist 3x12 W
Friday 23 Each for time: Run: 6x 400 m MLT: 1'55, SFR: 1'25 Side Plank 2x 120 secs Double Unders 1x200 M	Saturday 24 3 RFR, 1" per station of: Clean & Jerk, 70% 1RM Box Jump, 24/20 in, Rest 1 min Clean & Jerk, 70% 1RM Air Squat, Rest 1 min MLT: 100, SFR: 175 Supinated Strict Pull-ups 3x12 Bulg Split Sq 3x12 / Banded March GW	CrossFit Linchpin  19 July 2021