

Monday

9

4 rounds for time of:

15/10 Row Calories

12 Knees-to-elbows

9 Clean & Jerks, 115/75 lbs

MLT: 16'30", SFR: 10'

Pause Clean DL 4x5 / LPBBC9

Landmine Twist 3x12 / Planche

MGW

Tuesday

10

Each for time:

10 x 100m run

MLT: 20", SFR: 15"

Farmer Carry 1-1-1

Box Jump, pick height : 1x25

M

Wednesday

11

6-9-12-9-6 reps, for time of:

Lateral Burpee Over Bar

Front Squat, 185/135 lbs

Chest-to-bar Pull-up

MLT: 14', SFR: 8'

Pistols 40L and 40R

Supinated Strict Pull-ups 3x12

GW

Friday

13

Every 1 min for 35 mins:

Shuttle Sprints, 10 m, 40 secs

L-Sit, 20 secs

Broad Jumps, 30 secs

Plank Hold, 30 secs

Rest 1 min

See app

Double Unders 1x200

Pull-up Bar Hang 1x 180 secs

MG

Saturday

14

For Weight:

Clean & Jerk 4-4-4-4-4

MLT: 55%, SFR: 70%

Banded Marches, 5' FQ / DBFRWL 3x1

OHC 1-1-1

W

CrossFit Linchpin



09 August 2021