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| <b>Monday</b> 30<br><br><b>3 rounds for time of:</b><br>DB Farmers Carry, 50/35 lbs, 100 m<br>55 Double Unders<br>35 Sit-ups<br>25 Goblet Squats, 50/35 lbs<br>15/10 Bike Calories<br><br>Pistol 40<br>W Wipers 40 / Hollow Rocks 70<br><br>MLT: 33', SFR: 20'<br><br>MGW | <b>Tuesday</b> 31<br><br><b>10-8-6-4-2 reps, for time of:</b><br>Clean & Jerk, pick load<br>Bar Muscle-up<br><br>MLT: 15', SFR: 9'<br><br>BB/SADB Bent Over Row 12-12-12-12<br>LPBBC7 / OHP 3x12 / 15 W Walk<br><br>GW                        | <b>Wednesday</b> 1<br><br><b>Each for time:</b><br>Run 5x50m<br>Run 3x400m<br>Run 1x800m<br><br>MLT:10", 2', 4', SFR:7", 1'25, 3'<br><br>Box Jump, pick height : 1x25<br>C Stick / Landmine Twist 3x12<br><br>M |
| <b>Friday</b> 3<br><br><b>For time:</b><br>30 Snatches, 135/95 lbs<br><br>MLT: 5'30, SFR: 3'<br><br>Row/Run/Bike 30'<br>Sotts 4x8 / Sn Bal 5x3<br><br>W                                                                                                                   | <b>Saturday</b> 4<br><br><b>7 rounds for time of:</b><br>7 Burpee Box Jump Overs, 24/20 in<br>7 Thrusters, 95/65 lbs<br>7 Pull-ups<br><br>MLT: 12'30, SFR: 7'45<br><br>Back/Front Squat 1-1-1<br>3RFR of 75% of max effort Pull-ups<br><br>WG | <b>CrossFit Linchpin</b><br><br><br><br>30 August 2021                                                                        |