

Monday**6****For Time:**

Run 5km

MLT: 27'15, SFR: 21'45

Farmer Carry 1-1-1

L-Sit 1x 120 secs / FQ Bear Hug Hold

M**Tuesday****7****For Weight:**

Front Squat 1-1-1-1-1-1-1

MLT: 70%, SFR: 85%

Double Unders 1x200

DB Front Rack Walking Lunge 1-1-1

W**Wednesday****8****4 intervals, each for time of:**

7 Ring Muscle-ups

7 Push Jerks, 65% 1RM

20/15 Bike Calories

MLT: 2'45, SFR: 1'37

OHP 3x12 / 3RFQ 10 TGU / LPBBC9

Supinated Strict Pull-ups 3x12

MGW**Friday****10****AMRAP 30 mins of:****McGhee**

5 Deadlifts, 275/185 lbs

13 Push-ups

9 Box Jumps, 24/20 in

MLT: 14.1, SFR: 18.5

Side Plank 2x 120 secs

Pull-up Bar Hang 1x 180 secs

GW**Saturday****11****3 rounds for time (or not) of:**

Walking Lunge, 40 m

30 V-ups

20 Push Press, 95/65 lbs

10 Strict Chest-to-bar Pull-ups

MLT: 19'00, SFR: 12'30

SLIPS

Back Squat 1x10

GW**CrossFit Linchpin****06 September 2021**