

Monday 13

For Weight:

Clean & Jerk 2-2-2-2-2-2

MLT: 70%, SFR: 85%

Shoulder Press 12-12-12

Clean Pull 5-5-5-5

W

Tuesday 14

5 rounds, 1' for max reps of:

Double Under, Rest 1 min

Burpee, Rest 1 min

Hollow Rock, Rest 1 min

MLT: 40/10/15, SFR: 80/20/30

Plank Hold 1x 120 secs

Row 2x300m/Run 2x200m/ 2x1m Bike

G

Wednesday 15

For Time:

Linchpin Test 1

Run, 400 m

Fran, 75/55 lbs

Run, 400 m

Fran, 75/55 lbs

Run, 400 m

MLT:21'38, SFR:17'23

Landmine Twist 12-12-12 / Planche

Bulgarian Split Squat 12-12-12

MGW

Friday 17

8 intervals for time, of:

6 Dumbbell Box Step-ups, 50/35

lbs, 24/20 in

Run, 200 m

MLT:90", SFR:65"

FQ: 40 L/40 R Pistols

Box Jump, pick height : 1x25

MG

Saturday 18

15 rounds for time of:

3 Power Cleans, 185/135 lbs

4 Strict Ring Dips

5 Strict Toes-to-bars

MLT:20', SFR:10'

Low Ring Muscle-ups 1x30

Overhead Carry 1-1-1 / WW

GW

CrossFit Linchpin



13 September 2021