

Monday 20 5 rounds for time of: Nancy Run, 400 m 15 Overhead Squats, 95/65 lbs MLT:16'30, SFR:13'35 Front Squat 7-7-7 Sotts Press 4x8 / Sn. Bal. 4x3 / LPBBC2 MW	Tuesday 21 10 rounds for time of: 40 Double Unders 15 Hand Release Push-ups 1 L-Sit Rope Climb, 15 ft MLT: 18', SFR: 30' SLIPS Sprint: 5x 50 m / Row or Bike 5 x 10s G	Wednesday 22 For Weight: Deadlift 3-3-3-3-3 MLT: 50%, SFR: 80% BB Gl. Br. 3x10 / GH Raise 3x10 BB/SADB Bent Over Row 12-12-12-12 W
Friday 24 3RFT (desc reps): Run, 800 m / 600m / 400m 40/30/20 BBJO, 24/20 in -- Rest 5 mins -- (with 20/14lb vest) MLT:12'9'/6', SFR:8'/6'/4' Double Unders 1x200 Farmers Carry 1-1-1 MG	Saturday 25 For Time: Jackie Row, 1000 m 50 Thrusters, 45/35 lbs 30 Pull-ups MLT: 8'41, SFR: 7'20 3RFR 75% of max effort Pull-ups DB Front Rack Walking Lunge 1-1-1 MGW	CrossFit Linchpin  20 September 2021