

Monday**27****21-15-9 of:**

Devil Press, 35/25 lbs
Knees-to-elbow

MLT: 10', SFR: 6'

11-10-9 DP 35/25lb & KTE
OHP 3x12 / OHC 3x1

M**Tuesday****28****For Time: Linchpin Test 5**

20 Back Squats, 225/155 lbs
Run, 2 mi
20 Back Squats, 225/155 lbs

MLT: 23'26, SFR: 19'27

FQ: 40 L/40 R Pistols
Row 500m/Run 400m/90s Bike

MW**Wednesday****29****EMOM30**

6 Bar Muscle-ups, 20 GHD Sit-ups
Rest 1 min
10 Strict Ring Dips, 50 Double Unders
Rest 1 min

MLT: Done, SFR: UBK

Chin Over Bar Hold 1x 120 secs
Farmers Carry 1-1-1

G**Friday****1****For Time: Linchpin Test 14**

15 Clean & Jerks, 135/95 lbs
30/20 Bike Calories
15 Clean & Jerks, 135/95 lbs

MLT: 7', SFR: 4'15

LPBBC1
50 BBJO / 50 BFB / 50 Burpees

MW**Saturday****2****3 x AMRAP3, rest 3' of:**

20/16/12 Wall Balls, 20/14 lbs
10/8/6 Chest-to-bar Pull-ups

MLT: 55+, SFR: 80+

Double Unders 1x200
Bulgarian Split Squat 12-12-12

G**CrossFit Linchpin****27 September 2021**