

Monday 11 For Weight: Power Clean 3-3-3-3 Front Squat 2-2-2-2 Squat Clean 1-1-1-1 using heaviest weight per set MLT: 50%, SFR: 70% of PC LM Twist / Candle Stick Medicine Ball Clean 1x75 at 20/14 lbs W	Tuesday 12 21-15-9 reps, for time of: J.T. Handstand Push-up Ring Dip Push-up MLT: 16'30, SFR: 9' 3x7 TGU / OHP 3x12 / HS Descent Plank Hold 1x 120 secs G	Wednesday 13 For time: Randy 75 Power Snatches, 75/55 lbs Sit-ups 1x100 Sprint: 5x 50 m / Row or Bike 5 x 10s MLT: 8', SFR: 5' W
Friday 15 For Time: The 40's 40 DU, 40 Thrusters, 95/65 lbs 40 DU, 40 Pull-ups, 40 DU, 40 Bar Facing Burpees 40 DU MLT: 14', SFR: 8' Thruster 8-8-8 / LPBBC4 Chin Over Bar Hold 1x 120 secs GW	Saturday 16 For distance: Run, bike, or row for 30' Farmer Carry 3x1 SLIPS See App M	CrossFit Linchpin  11 October 2021