

|                                   |           |
|-----------------------------------|-----------|
| <b>Monday</b>                     | <b>25</b> |
| <b>15-12-9 reps, for time of:</b> |           |
| Clean & Jerk, 135/95 lbs          |           |
| Chest-to-bar Pull-up              |           |
| MLT: 11', SFR: 7'                 |           |
| LPBBC6 / LPBBC7                   |           |
| 3 RFR: Pull-ups                   |           |
|                                   | GW        |

|                                      |           |
|--------------------------------------|-----------|
| <b>Tuesday</b>                       | <b>26</b> |
| <b>5 rounds for time of:</b>         |           |
| 50 Single Unders                     |           |
| DB Farmers Carry, 50/35 lbs, 50 m    |           |
| 20 GHD Sit-ups                       |           |
| DB Front Rack Lunge, 50/35 lbs, 15 m |           |
| MLT: 24', SFR: 15'                   |           |
| Pull-up Bar Hang 1x 180 secs         |           |
| 50 BBJO / 50 BFB / 50 Burpees        |           |
|                                      | GW        |

|                                |           |
|--------------------------------|-----------|
| <b>Wednesday</b>               | <b>27</b> |
| <b>For time:</b>               |           |
| Run, 1 mi                      |           |
| Row, 2000 m                    |           |
| Run, 1 mi                      |           |
| MLT: 26'37, SFR: 22'26         |           |
| Plank Hold 1x 180 secs         |           |
| FT: Row, 500 m then Run, 400 m |           |
|                                | M         |

|                                 |           |
|---------------------------------|-----------|
| <b>Friday</b>                   | <b>29</b> |
| <b>For Weight:</b>              |           |
| Overhead Squat 2-2-2-2-2-2-2    |           |
| MLT: 60%, SFR: 85%              |           |
| OHP 3x12 / OHC 3x1 / HS Descent |           |
| Dumbbell Box Step-up 1x40       |           |
|                                 | W         |

|                                           |           |
|-------------------------------------------|-----------|
| <b>Saturday</b>                           | <b>30</b> |
| <b>3RFT of A, Rest 3', 3RFT of B:</b>     |           |
| <b>A:</b> 7 Bar Muscle-ups                |           |
| 21/15 Bike Calories                       |           |
| <b>B:</b> 21 Kettlebell Swings, 53/35 lbs |           |
| 15/10 Bike Calories                       |           |
| MLT: 13' then 12', SFR: 8' then 7'30      |           |
| Lsit 120" / Bear Hug 5'                   |           |
| 30 LRMU                                   |           |
|                                           | MG        |

|                                                                                    |  |
|------------------------------------------------------------------------------------|--|
| <b>CrossFit Linchpin</b>                                                           |  |
|  |  |
| <b>25 October 2021</b>                                                             |  |