

Monday 15 50-40-30-20-10 reps of: Annie Double Under Sit-up For Time (or not) Farmers Carry 1-1-1 Row 2x300m/Run 2x200m/ 2x1m Bike G	Tuesday 16 3 rounds for time of: 36 Burpees 24 Pull-ups 12 Back Squats, 225/155 lbs MLT: 27', SFR: 18' FQ: 40 L/40 R Pistols HS Descend / 3 RFQ: 7 L/7 R TGU GW	Wednesday 17 AMRAP 30 of: Row, 500 m Run, 400 m MLT: 5+, SFR: 7+ Landmine Twist 12-12-12 Candlestick 10' / PUB Hang 1x 180" M
Friday 19 EMOM 30 of: 10R of Power Snatch 10R of Hang Squat Snatch 10R of Squat Snatch MLT: 60%, SFR: 80% BB/SADB Bent Over Row 12-12-12-12 Snatch Balance 5x3 / S Press 8-8-8-8 W	Saturday 20 For time: Karen 150 Wall Balls, 20/14 lbs, 10/9 ft MLT:10'30, SFR:7' W	CrossFit Linchpin  15 November 2021