

Monday 22 Each for time: Run: 10x 100 m MLT: 20", SFR: 15" Box Jump, pick height : 1x25 Single Stiff Legged Deadlift 12-12-12 M	Tuesday 23 7 rounds for time of: 14 GHD Sit-ups 7 Strict Ring Dips 4 Bar Muscle-ups MLT: 15', SFR: 10' Shoulder Press 12-12-12 / 20 WW Supinated Strict Pull-ups 3x12 G	Wednesday 24 For Weight: Front Squat 7-7-7-7 MLT: 65%, SFR: 50% Bulgarian Split Squat 12-12-12 Farmers Carry 1-1-1 W
Friday 26 AMRAP 20 of: Shuttle Sprint, 200 m (4x 50 m) 10 V-ups Handstand Walk, 5 m MLT: 6+, SFR: 10+ Double Unders 1x200 SLIPS MG	Saturday 27 3 rounds for time of: 15/10 Bike Calories 12 Chest-to-bar Pull-ups 9 Clean & Jerks, 155/105 lbs MLT:16', SFR:10' Chin Over Bar Hold 1x 120 secs 20 Squat Clean & Jerks, pick load MGW	CrossFit Pinchpin  22 November 2021