

Monday**29****2 rounds for time of:**

100 Double Unders

24 Deadlifts, 245/165 lbs

12 Ring Muscle-ups

MLT: 18", SFR: 10"30

+ Optional Accessory

GW

Tuesday**30****EMOM 24 of:**

Shoulder Press, 60% 1RM, 45 secs

Knees-to-elbows, 45 secs

Bike Calories, 45 secs

Rest 1 min

Handstand Push-ups, 45 secs

Toes-to-bars, 45 secs

Bike Calories, 45 secs

Rest 1 min

See BTWB

+ Optional Accessory

MGW

Wednesday**1****3 rounds for time of:**

Run, 800 m

10 Front Squats, 60% 1RM

MLT: 28', SFR: 19'

+ Optional Accessory

G

Friday**3****10 rounds for time of:**

3 Snatches, 135/95 lbs

3 Burpees Over Bar

MLT: 12', SFR: 5'30

+ Optional Accessory

GW

Ingrid**Saturday****4****8 rounds, each for time, of:**

24 Air Squats

12 Pull-ups

12/8 Bike Calories

Rest 1:1 to 1:2

+ Optional Accessory

MLT: 28', SFR: 19'

G

CrossFit Linchpin

29 November 2021