

Monday

6

5 rounds for time of:

Row, 500 m

3 Clean & Jerks, 70% 1RM

MLT: 25', SFR: 14'30

+ Optional Accessory

MW

Tuesday

7

4RFT (descending runs):

Run, 1000 m, 800m, 600m, 400m

30 GHD Sit-ups

MLT: 34', SFR: 22'

+ Optional Accessory

MG

Wednesday

8

For time:

150 Double Unders

105 DB P Snatches, 50/35 lbs

Handstand Walk, 15 m

5 Rope Climbs, 15 ft

MLT: 28', SFR: 15'30

+ Optional Accessory

GW

Friday

10

For Weight:

Back Squat 1-1-1-1-1-1-1

MLT: 70%, SFR: 90%

+ Optional Accessory

W

Saturday

11

5 off AMRAP3 of: **The Chief**

3 Power Cleans, 135/95 lbs

6 Push-ups

9 Air Squats

MLT: 17+, SFR: 23+

+ Optional Accessory

GW

CrossFit Linchpin



06 December 2021