


<b>Monday 13</b> <b>3 rounds for time of:</b> 21 Bike Calories 15 Chest-to-bar Pull-ups 9 Front Squats, 1x bodyweight  MLT: 19'30, SFR: 11'30 + Optional Accessory <b>MGW</b>	<b>Tuesday 14</b> <b>AMRAP 15 of:</b> DB F. Carry, 50/35 lbs, 50 m 35 Single Unders 15 Sit-ups  MLT: 5+, SFR: 8.5+ + Optional Accessory <b>MGW</b>	<b>Wednesday 15</b> <b>EMOM20 for weight:</b> Joe Mills 20/20 1 Squat Snatch  5@70%, 5@70%+5kg, 5@70%+7.5kg, 5@heavy  See App <b>W</b>
<b>Friday 17</b> <b>Each for time:</b> Run: 6x 400 m  MLT: 2', SFR: 1'30 + Optional Accessory <b>M</b>	<b>Saturday 18</b> <b>5RFT of:</b> 12 Deadlifts, 155/105 lbs 9 HPC, 155/105 lbs 6 Push Jerks, 155/105 lbs  MLT: 12'50, SFR: 9'14 + Optional Accessory <b>W</b>	<b>CrossFit Linchpin</b>  13 December 2021