

Monday 20

For Time: **Half Murph**

Run, 800 m
50 Pull-ups
100 Push-ups
150 Air Squats
Run, 800 m

MLT: 29'30, SFR: 22'30

+ Optional Accessory **MG**

Tuesday 21

To death:

Death By Bike Calorie

MLT: 13, SFR: 18

+ Optional Accessory **M**

Wednesday 22

For time:

30 Power Cleans, 115/75 lbs
30/21 Row Calories
-- Rest 3 mins --
25 Push Press, 115/75 lbs
25/18 Row Calories
-- Rest 3 mins --
20 Squat Clean Thrusters, 115/75 lbs
20/15 Row Calories

See App

+ Optional Accessory **MW**

Friday 24

5RFT of:

15 Kettlebell Swings, 70/53 lbs
15 Burpees

MLT: 11', SFR: 8'30

+ Optional Accessory **MW**

Saturday 25

For weight:

Overhead Squat 7-7-5-5-3-3-1

See App

+ Optional Accessory **W**

CrossFit Linchpin



20 December 2021