

Monday 17 50-35-20 reps for Time: Wall Ball, 20/14 lbs R. Kettlebell Swing, 70/53 lbs MLT: 15'30, SFR: 10' +Optional Accessory W	Tuesday 18 50-40-30-20-10 reps of: Annie Double Under Sit-up MLT: 12', SFR: 6'30 +Optional Accessory G	Wednesday 19 For weight: Power Clean 3-3-3-3, using heaviest weight per set Front Squat 2-2-2-2, using heaviest weight per set Squat Clean 1-1-1-1, using heaviest weight per set See App +Optional Accessory W
Friday 21 AMRAP20 of: 4 Chest-to-bar Pull-ups 7 Hand Release Push-ups 10 Pistols MLT: 15, SFR: 10 +Optional Accessory G	Saturday 22 For time: Grace 30 Clean & Jerks, 135/95 lbs MLT: 6', SFR: 3' +Optional Accessory W	CrossFit Linchpin  17 January 2022