

Monday 31 3 rounds, each for time, of: 30 GHD Sit-ups 25 Deadlifts, 155/105 lbs 20/15 Bike Calories MLT: 5', SFR: 3'15 +Optional Accessory MGW	Tuesday 1 6 rounds for time of: 60 Double Unders DB F. Carry, 50/35 lbs, 80 m 10 Single DB Box Step-ups, 50/35 lbs, 24/20 in MLT: 21'30, SFR: 31'30 +Optional Accessory GW	Wednesday 2 AMRAP in 20 mins of: 2 Muscle-ups 4 Handstand Push-ups 8 Kettlebell Swings, 2/1.5 pood MLT: 11, SFR: 15 +Optional Accessory GW
Friday 4 4 rounds for time of: Run, 400 m 50 Air Squats MLT: 19', SFR: 14' +Optional Accessory MG	Saturday 5 EMOM30 of: 1 Hang Power Snatch, pick load MLT: 50%, SFR: 75% +Optional Accessory W	CrossFit Linchpin  31 January 2022