

Monday 21 2 sets, each set for time: 3' rest 3 rounds of: 9 Power Cleans, 50% 1RM 9 Toes-to-bars 12/8 Bike Calories MLT: 10', SFR: 6'30 per set +Optional Accessory	Tuesday 22 For weight: Overhead Squat 1-1-1-1-1-1-1 MLT: 70%, SFR: 85% +Optional Accessory	Wednesday 23 AMRAP 20 of: 5 L Arm RKBS L Arm KBFC, 25 m 5 R Arm RKBS R Arm KBFC, 25 m 1 Rope Climb, 15 ft All with 53/35 lbs MLT: 6+, SFR: 12+ +Optional Accessory	GW
Friday 25 2 intervals for time: 1:1 to 1:2 r 50 Double Unders 30 Wall Balls, 20/14 lbs 10 CnJ, 165/115 lbs or 70% MLT: 6'30, SFR: 3'20 per interval +Optional Accessory	Saturday 26 For time: Run, 1.5 mi 75 V-ups Handstand Walk, 50 m 35 Bar Muscle-ups MLT: 42', SFR: 28' +Optional Accessory		CrossFit Linchpin 21 February 2022
MGW	W		
GW	MG		