

Monday 28 For weight: Front Squat 5-5-5-5-5 MLT: 50%, SFR: 70% + Optional Accessory W	Tuesday 1 Each for time: Run: 8x 200 m MLT: 55", SFR: 38" + Optional Accessory M	Wednesday 2 2 rounds, 1' per, for max reps: Deadlift, 225/155 lbs Bar Facing Burpee Rest 2 mins Push Jerk, 135/95 lbs Row Calorie Rest 2 mins See App MGW
Friday 4 For time: 50 Walking Lunges 25 Chest-to-bar Pull-ups 50 Box Jumps, 24/20 in 25 Triple Unders 50 Back Extensions 25 Ring Dips 50 Knees-to-elbows 25 2-for-1 Wall Balls, 20/14 lbs 50 Sit-ups 5 Rope Climbs, 15 ft MLT: 27', SFR: 21' + Optional Accessory GW	Saturday 5 EMOM 30 of: 1 Hang Squat Snatch, pick load MLT: 55%, SFR: 75% + Optional Accessory W	CrossFit Linchpin  28 February 2022