

Monday 14

For distance:

Run, Bike or Row

MLT: 5k 12k 5k , SFR: 6k 18k 7.5k

+ Optional Accessory

M

Tuesday 15

E4MOM for 28' **The Bella Complex**

1x [1 Clean + 1 Shoulder-to-Overhead + 1 Front Squat + 1 Shoulder-to-Overhead], pick load

MLT: 70% CnJ, SFR: 85% CnJ

+ Optional Accessory

W

Wednesday 16

3 rounds for time of: Filthy Fifty

50 Box Jumps, 24/20 in, 50 Jumping Pull-ups
50 Kettlebell Swings, 53/35 lbs
50 Walking Lunges, 50 Knees-to-elbows
50 Push Press, 45/35 lbs
50 Back Extensions
50 Wall Balls, 20/14 lbs
50 Burpees, 50 Double Unders

MLT: 13', SFR: 8'08

+ Optional Accessory

GW

Friday 18

For Time:

21 Power Snatches, 115/75 lbs
21/15 Row Calories
15 Power Snatches, 115/75 lbs
15/11 Row Calories
9 Power Snatches, 115/75 lbs
9/6 Row Calories

MLT: 11'30, SFR: 6'45

+ Optional Accessory

MW

Saturday 19

4 intervals of: 1:1 to 1:2 r

8 Back Squats, 70% 1RM
25 GHD Sit-ups
Run, 400 m

MLT: 5'45, SFR: 3'30

+ Optional Accessory

MGW

CrossFit Linchpin



14 March 2022