

Monday 21 For Time: 150/100 Bike Calories 75 Burpee Chest-to-bar Pull-ups MLT: 37', SFR: 24' + Optional Accessory MG	Tuesday 22 EMOM 30 1 Power Clean, pick load MLT: 70%, SFR: 85% + Optional Accessory W	Wednesday 23 For Rounds: Death By Dumbbell Thruster Rest 3' Death By Shuttle Sprint MLT: 8/13, SFR: 12/17 + Optional Accessory MW
Friday 25 5RFT (descending): 100/80/60/40/20 DU 10/8/6/4/2 RMU MLT: 16', SFR: 9' + Optional Accessory G	Saturday 26 AMRAP 30 of: McGhee 5 Deadlifts, 275/185 lbs 13 Push-ups 9 Box Jumps, 24/20 in MLT: 14.1, SFR: 18.5 + Optional Accessory MGW	CrossFit Linchpin  21 March 2022