


<p><b>Monday 28</b></p> <p><b>For Weight:</b></p> <p>Overhead Squat 2-2-2-2-2-2</p> <p>MLT: 60%, SFR: 85%</p> <p>+ Optional Accessory W</p>	<p><b>Tuesday 29</b></p> <p><b>For time:</b></p> <p>50/35 Bike Cal Buy in then 5R (descending reps) of: 50/40/30/20/10 Sit-up 5/4/3/2/1 Rope Climb</p> <p>MLT: 31', SFR: 20'</p> <p>+ Optional Accessory MG</p>	<p><b>Wednesday 30</b></p> <p><b>3 rounds, 1 min for reps of:</b></p> <p>Box Jump, 24/20 in Dumbbell Power Snatch, 50/35 lbs Rest 2 mins Dumbbell Push Press, 50/35 lbs Row Calorie Rest 2 mins</p> <p>See App GW</p>
<p><b>Friday 1</b></p> <p><b>3 rounds for time of:</b></p> <p>Run, 1200 m FR Lunge, 75/55 lbs, 40 m</p> <p>MLT: 31', SFR: 42'</p> <p>+ Optional Accessory MG</p>	<p><b>Saturday 2</b></p> <p><b>15-12-9 reps, for time of:</b></p> <p>Clean &amp; Jerk, 135/95 lbs Chest-to-bar Pull-up</p> <p>MLT: 11', SFR: 7'</p> <p>+ Optional Accessory GW</p>	<p><b>CrossFit Linchpin</b></p>  <p>28 March 2022</p>