

Monday 30

For time: Murph

Run, 1 mi
100 Pull-ups
200 Push-ups
300 Air Squats
Run, 1 mi

+ Optional Accessory MG

Tuesday 31

50-40-30-20-10 of: Annie

Double Under
Sit-up

+ Optional Accessory G

Wednesday 1

2r, 1' per, for reps of:

Devil Press, 35/25 lbs
Row Calorie
Rest 2 mins
Kettlebell Swing, 70/53 lbs
Row Calorie
Rest 2 mins

+ Optional Accessory MG

Friday 3

For weight:

Back Squat 1-1-1-1-1-1-1

+ Optional Accessory W

Saturday 4

5RFT of:

21 Dumbbell Deadlifts, 50/35 lbs
15 GHD Sit-ups
9 Dumbbell Push Press, 50/35 lbs

+ Optional Accessory GW

CrossFit Linchpin



30 May 2022