

**Monday**

**6**

**For time:**

100 Air Squats  
25 Strict Pull-ups  
75 Air Squats  
20 Strict Pull-ups  
50 Air Squats  
15 Strict Pull-ups

+ Optional Accessory

**G**

**Tuesday**

**7**

**EMOM 30 of:**

1 Hang Power Snatch, pick load

+ Optional Accessory

**W**

**Wednesday**

**8**

**Death by:**

Bike Calorie

+ Optional Accessory

**M**

**Friday**

**10**

**3 rounds for time of: LP Test 2**

5 Ring Muscle-ups  
10 Squat Cleans, 135/95 lbs  
20 Box Jumps, 24/20 in

+ Optional Accessory

**GW**

**Saturday**

**11**

**For weight:**

Shoulder Press 1-1-1-1-1  
Push Press 3-3-3-3-3  
Push Jerk 5-5-5-5-5  
using heaviest weight per set

+ Optional Accessory

**W**

**CrossFit Linchpin**



06 June 2022