

Monday 13

For time:

Row, 5 km

+ Optional Accessory M

Tuesday 14

For weight:

5x5 Overhead Squat

+ Optional Accessory W

Wednesday 15

For time:

Bike Calorie

+ Optional Accessory M

Friday 17

4 intervals of: rest 1:1 to 1:2

10 Deadlifts, 70% 1RM

20 BB Jump Overs, 24/20 in

+ Optional Accessory GW

Saturday 18

21-15-9-15-21 of:

Thrusters, 75/55 lbs

Bike Calories

+ Optional Accessory MW

CrossFit Linchpin



13 June 2022