

Monday 20

9 rounds for time:

6 Ring Dips

3 Bar Muscle-ups

+ Optional Accessory

G

Tuesday 21

4 rounds for time:

Run, 400 m

FR Lunge, 115/75 lbs, 15 m

+ Optional Accessory

MW

Wednesday 22

4 round, 1 min, max reps:

Power Clean & Jerk, pick load

Toes-to-bar

Bike Calorie

Rest 2 mins

+ Optional Accessory

MGW

Friday 24

Each for time, every 30 secs:

Run: 20x 55 yd

+ Optional Accessory

M

Saturday 25

For weight:

Front Squat 3-3-3-3-3-3-3

+ Optional Accessory

W

CrossFit Linchpin



20 June 2022