

**Monday**

**8**

**3 rounds for time of:**

50 Double Unders  
10 Power Cleans, 135/95 lbs  
50 Double Unders  
10 Push Press, 135/95 lbs

+ Optional Accessory

**GW**

**Tuesday**

**9**

**10 rounds, each for time, of:**

12/8 Bike Calories

+ Optional Accessory

**M**

**Wednesday**

**10**

**For Time:**

**Angie**

100 Pull-ups  
100 Push-ups  
100 Sit-ups  
100 Air Squats

+ Optional Accessory

**G**

**Friday**

**12**

**For weight:**

Deadlift 2-2-2-2-2-2

+ Optional Accessory

**W**

**Saturday**

**13**

**3 rounds for time of:**

Run, 800 m  
FR Lunge, 95/65 lbs, 20 m  
Handstand Walk, 15 m  
3 Rope Climbs, 15 ft

+ Optional Accessory

**MGW**

**CrossFit Linchpin**



**08 August 2022**