

Monday 29

For time:

100 Burpees
75 GHD Sit-ups
50 Strict Pull-ups

+ Optional Accessory

G

Tuesday 30

4RFT of: Linchpin Test 7

4 Power Cleans, 205/145 lbs
4 Front Squats, 205/145 lbs
4 STOH, 205/145 lbs

+ Optional Accessory

W

Wednesday 31

Each for time:

Run: 3x 1 mi

+ Optional Accessory

M

Friday 2

4 rounds for time of:

Bike, 1200 m
12 Back Squats, 55% 1RM
12 Box Jumps, 24/20 in
12 Ring Dips

+ Optional Accessory

MGW

Saturday 3

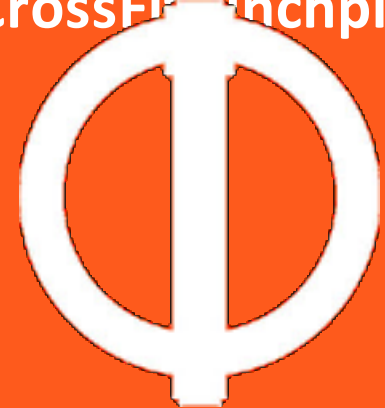
3 rounds for time of:

10 GTOH, 95/65 lbs
Shuttle Run, 200 m (4x 50 m)

+ Optional Accessory

MW

CrossFit Linchpin



29 August 2022