

**Monday****5****For time: Rest 1:2 (work:Rest)**

50/35 Air Bike Calories  
40/28 Air Bike Calories  
30/21 Air Bike Calories  
20/14 Air Bike Calories  
10/7 Air Bike Calories

+ Optional Accessory

**M****Tuesday****6****For weight:**

Power Clean 3-3-3-3  
Front Squat 2-2-2-2  
Squat Clean 1-1-1-1  
using heaviest weight per set

+ Optional Accessory

**W****Wednesday****7****5 rounds for max reps of: Lynne**

max rep Bench Press, 1x b.weight  
max rep Pull-ups

+ Optional Accessory

**GW****Friday****9****3 rounds for time of:**

Run, 800 m  
40 Wall Balls, 20/14 lbs  
30 Hollow Rocks

+ Optional Accessory

**MGW****Saturday****10****4 rounds for time of:**

60 Double Unders  
6 Clean & Jerks, 65% 1RM  
6 Ring Muscle-ups

+ Optional Accessory

**GW****CrossFit Linchpin**

05 September 2022