

**Monday**

**19**

**15 rounds for time of:**

1 Deadlift, pick load

5 Strict Pull-ups

10 Push-ups

15 Air Squats

+ Optional Accessory

GW

**Tuesday**

**20**

**For Time:**

100 Single Unders

Run, 1 mi

100 Sit-ups

Run, 1 mi

100 Single Unders

+ Optional Accessory

MG

**Wednesday**

**21**

**7 rounds for time of:**

35 Double Unders

7 L/7 R KB Snatches, 53/35 lbs

+ Optional Accessory

GW

**Friday**

**23**

**Each for time:**

Row: 3x 1000 m

+ Optional Accessory

M

**Saturday**

**24**

**For weight:**

Overhead Squat 1-1-1-1-1-1-1

+ Optional Accessory

W

**CrossFit Linchpin**



19 September 2022