

Monday

3

4 rounds for time of:

45 Single Unders

7 Hang Squat Snatches, 95/65 lbs

45 Double Unders

7 Hang Squat Snatches, 95/65 lbs

+ Optional Accessory

GW

Tuesday

4

For time:

Run, 1.5 mi

Rest 5 mins, then 3 rounds of:

30 V-ups

20 Burpees

10 Ring Muscle-ups

+ Optional Accessory

MG

Wednesday

5

For weight:

Deadlift 5-5-5-5-5

+ Optional Accessory

W

Friday

7

AMRAP 15:

Row, 250/200 m

20 Sit-ups

10 DB Push Press, 50/35 lbs

+ Optional Accessory

MGW

Saturday

8

15-12-9-6-3 reps, for time of:

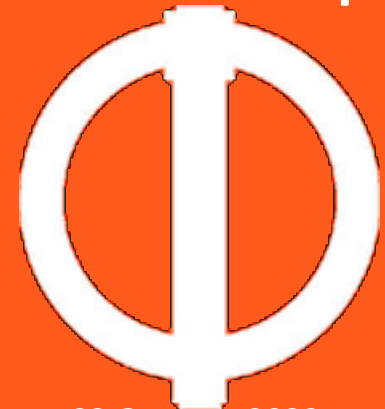
Front Squat, 185/135 lbs

Chest-to-bar Pull-up

+ Optional Accessory

GW

CrossFit Linchpin



03 October 2022