

**Monday 17**

**For Weight:**

Power Snatch 4-4-4  
Hang Power Snatch 3-3-3  
Hang Squat Snatch 2-2-2  
Squat Snatch 1-1-1

+ Optional Accessory

W

**Tuesday 18**

**For Time:**

Run : 3x 800 m

+ Optional Accessory

M

**Wednesday 19**

**4 rounds for time of:**

21 Wall Balls, 20/14 lbs  
18 Pull-ups  
15 Kettlebell Swings, 53/35 lbs  
12 Handstand Push-ups

+ Optional Accessory

GW

**Friday 21**

**For Time:**

10 Front Squats, 1x bodyweight  
20 Box Jumps, 30/24 in  
-- Rest 3 mins --  
10 Front Squats, 1x bodyweight  
35/25 Air Bike Calories  
-- Rest 3 mins --  
10 Front Squats, 1x bodyweight  
50 Toes-to-bars

+ Optional Accessory

GW

**Saturday 22**

**6 rounds for time of:**

10 L/10 R DB SSL DL, 50/35 lbs  
10 DB Floor Press, 50/35 lbs  
2 Rope Climbs, 15 ft

+ Optional Accessory

GW

**CrossFit Linchpin**



17 October 2022