

Monday 31

For Time:

50 Dumbbell Busters, 50/35 lbs

+ Optional Accessory

W

Tuesday 1

7 rounds for max reps of:

Ring Muscle-ups, 40 secs

Rest 20 secs

Air Bike Calories, 1 min

Rest 3 mins between each round.

+ Optional Accessory

MG

Wednesday 2

AMRAP 30 of:

5 Deadlifts, 275/185 lbs

13 Push-ups

9 Box Jumps, 24/20 in

+ Optional Accessory

GW

Friday 4

For Time:

21-15-9 reps of:

Chest-to-bar Pull-up

Wall Ball, 20/14 lbs

-- Rest 3 mins --

21-15-9 reps of:

Knees-to-elbow

Wall Ball, 20/14 lb

+ Optional Accessory

GW

Saturday 5

10 rounds for time of:

3 Snatches, 135/95 lbs

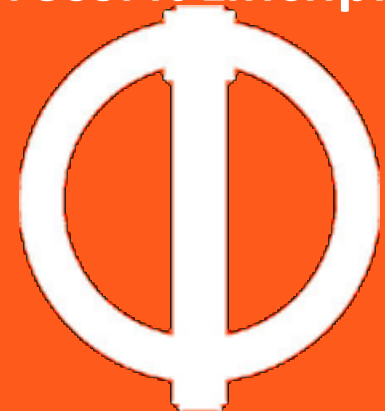
3 Bar Facing Burpees

+ Optional Accessory

GW

Ingrid

CrossFit Linchpin



31 October 2022