

Monday

7

For Weight:

Front Squat 1-1-1-1-1-1

+ Optional Accessory

W

Tuesday

8

5 rounds for time of:

8 Strict Handstand Push-ups

8 L/8 R KB Snatches, pick load

8 Weighted Strict Pull-ups, pick load

+ Optional Accessory

GW

Wednesday

9

Go every 30 seconds:

Run: 20x 55 yd

+ Optional Accessory

M

Friday

11

5 rounds for time of:

12 Deadlifts, 155/105 lbs

9 H. Power Cleans, 155/105 lbs

6 Push Jerks, 155/105 lbs

+ Optional Accessory

W

Saturday

12

2 rounds for time of:

120 Double Unders

Row, 1000 m

Run, 800 m

Walking Lunge, 60 m

40 GHD Sit-ups

Handstand Walk, 20 m

+ Optional Accessory

MG

CrossFit Linchpin



07 November 2022