

Monday 14

21-15-9 reps, for time of:

Overhead Squat, 115/75 lbs

Pull-up

Bar Facing Burpee

+ Optional Accessory GW

Tuesday 15

E3MOM for 30':

8 Toes-to-bars

12/8 Air Bike Calories

Go every 3 mins.

+ Optional Accessory MG

Wednesday 16

For Weight:

Deadlift 3-3-3-3-3

+ Optional Accessory W

Friday 18

AMRAP15 of:

DB F. Carry, pick load, 24 m

4 DB Box Step-ups, pick load

6 V-ups

+ Optional Accessory GW

Saturday 19

3RFT, des rep: Linchpin Test 12

Run, 400 m

15/12/9 C&J, 135/95 lbs

3/2/1 Rope Climbs, 15 ft

+ Optional Accessory MGW

CrossFit Linchpin



14 November 2022