

**Monday**

**21**

**8 rounds for time of:**

20 Sit-ups  
8 Chest-to-bar Pull-ups  
Run, 200 m

+ Optional Accessory

MG

**Tuesday**

**22**

**For Weight:**

Back Squat 5-5-5-5-5

+ Optional Accessory

W

**Wednesday**

**23**

**21-15-9 reps, for time of:**

Power Clean, 95/65 lbs  
Push Press, 95/65 lbs  
Row Calorie

+ Optional Accessory

MW

**Friday**

**25**

**For time:**

**Filthy Fifty**

50 Box Jumps, 24/20 in, 50 Jumping Pull-ups  
50 Kettlebell Swings, 53/35 lbs  
50 Walking Lunges, 50 Knees-to-elbows  
50 Push Press, 45/35 lbs  
50 Back Extensions  
50 Wall Balls, 20/14 lbs  
50 Burpees, 50 Double Unders

+ Optional Accessory

GW

**Saturday**

**26**

**3xEMOM10 of:**

1 Power Snatch, pick load  
1 Hang Squat Snatch, pick load  
1 Squat Snatch, pick load

+ Optional Accessory

W

**CrossFit Linchpin**



21 November 2022