

Monday 28

10 rounds for time of:

3 Bar Muscle-ups
10 Hollow Rocks
10 Back Squats, 75/55 lbs

+ Optional Accessory

Tuesday 29

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

Deadlift, 225/155 lbs
Handstand Push-up

+ Optional Accessory

Wednesday 30

Death by:

10 Shuttle Sprint

+ Optional Accessory

Friday 2

EMOM30 of:

1 Hang Squat Clean, pick load

+ Optional Accessory

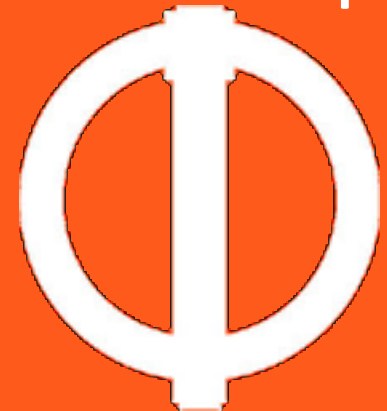
Saturday 3

3 rounds for time of:

Air Bike, 1200 m
30 Sit-ups
10 Push Press, 65% 1RM
3 Rope Climbs, 15 ft

+ Optional Accessory

CrossFit Linchpin



28 November 2022