

Monday

5

For weight:

Power Clean & Jerk 1-1-1-1-1-1

+ Optional Accessory

W

Tuesday

6

For time:

Half Murph

Run, 800 m

50 Pull-ups

100 Push-ups

150 Air Squats

Run, 800 m

+ Optional Accessory

MG

Wednesday

7

10 Intervals of:

Row, 250/200 m

+ Optional Accessory

M

Friday

9

For time:

75 Power Snatches, 75/55 lbs

+ Optional Accessory

W

Saturday

10

For weight:

Back Squat 8-8-8-8

+ Optional Accessory

W

CrossFit Linchpin



05 December 2022