

Monday 12

For time:

30 Double KB C&J, 53/35 lbs
-- Rest 3 mins --
30 Strict Handstand Push-ups
-- Rest 3 mins --
Handstand Walk, 30 m

+ Optional Accessory GW

Tuesday 13

For time:

Run, 1 mi
-- Rest 3 mins --
3 rounds of:
75 Double Unders
Walking Lunge, 35 m
25 GHD Sit-ups
15 Chest-to-bar Pull-ups

+ Optional Accessory MG

Wednesday 14

For weight:

Deadlift 2-3-5-10-2-3-5-10

+ Optional Accessory W

Friday 16

For time:

15 Ring Muscle-ups
25 Toes-to-bars
35 Burpees
45/30 Air Bike Calories
35 Burpees
25 Toes-to-bars
15 Ring Muscle-ups

+ Optional Accessory MG

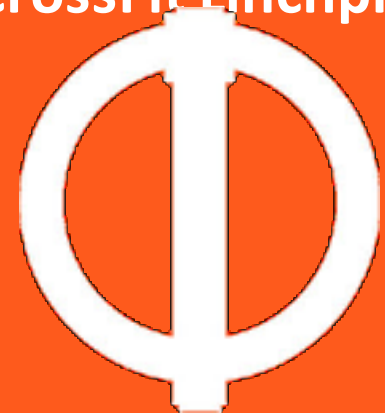
Saturday 17

5 rounds for time of:

Run, 400 m
15 Overhead Squats, 95/65 lbs

+ Optional Accessory MW

CrossFit Linchpin



12 December 2022