

Monday 19

For time:

50 Strict Pull-ups

-- then --

21-15-9 reps of:

Power Clean, 135/95 lbs

Row Calorie

+ Optional Accessory

MGW

Tuesday 20

AMRAP 20 of:

Run, 200 m

2 FR Lunges, 155/105 lbs

2 STOH, 155/105 lbs

[+2 reps per round of BB move]

+ Optional Accessory

MW

Wednesday 21

5 intervals (descending) rest 1:2

50/40/30/20/10 Air Bike Cals

+ Optional Accessory

M

Friday 23

EMOM30 of:

1 Hang Power Snatch, pick load

+ Optional Accessory

W

Saturday 24

For reps: Tabata Something Else

Tabata Pull-up

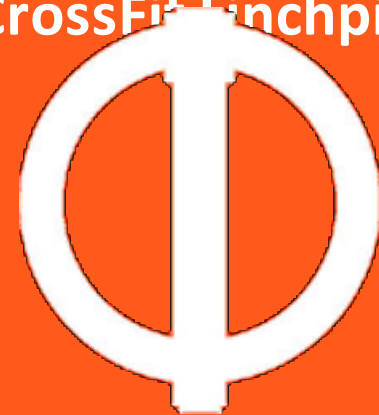
Tabata Push-up

Tabata Sit-up

Tabata Air Squat

+ Optional Accessory

CrossFit Linchpin



19 December 2022