

Monday

27

3 rounds for time of:

Run, 800 m

50 Back Extensions

50 Sit-ups

+ Optional Accessory

MG

Tuesday

28

4 rounds for time of:

Double KB FR Lunge, 53/35 lbs, 15 m

7 Ring Muscle-ups

+ Optional Accessory

GW

Wednesday

29

For weight:

Power Snatch 3-3-3-3-3-3-3-3-3-3

+ Optional Accessory

W

Friday

31

6-9-12-9-6 reps, for time of:

Lateral Bar Burpee

Front Squat, 185/135 lbs

Chest-to-bar Pull-up

+ Optional Accessory

GW

Saturday

1

E3MOM for 27', do:

0-9': 20 KB Swings, 53/35 lbs

10-18': Double KB PP, 53/35 lbs

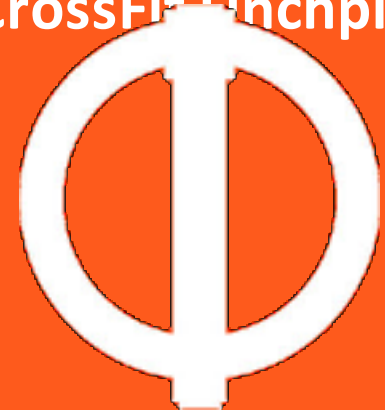
19-27': HS Walk, 10m

100M sprint after every set

+ Optional Accessory

MGW

CrossFit Linchpin



27 March 2023