

**Monday 17**

**10 to 1 of:**

Shoulder Press, pick load

Strict Pull-ups

Run, 400 m

+ Optional Accessory

MGW

**Tuesday 18**

**For weight:**

Deadlift 5-5-5-5-5

+ Optional Accessory

W

**Wednesday 19**

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

Dumbbell Box Step-up, 50/35 lbs

Knees-to-elbow

+ Optional Accessory

WG

**Friday 21**

**10 intervals for time of: Every 3'**

12/8 Air Bike Calories

+ Optional Accessory

M

**Saturday 22**

**For time:**

**Air Force**

20 Thrusters, 95/65 lbs

20 Sumo DL High-pulls, 95/65 lbs

20 Push Jerks, 95/65 lbs

20 Overhead Squats, 95/65 lbs

20 Front Squats, 95/65 lbs

EMOM from 0': 4 Burpees

+ Optional Accessory

GW

**CrossFit Linchpin**



17 April 2023