


<b>Monday 24</b>  <b>AMRAP20 of:</b>  Row, 300 m Run, 200 m DB FC, 50/35 lbs, 100 m 75 Single Unders  + Optional Accessory	<b>Tuesday 25</b>  <b>E2MOM for 30'</b>  1 Squat Clean, pick load  + Optional Accessory	<b>Wednesday 26</b>  <b>For time, 3r of A, r 3', 3r of B:</b>  <b>A:</b> 12 Push Press, 60% 1RM 12 Toes-to-bars 15/10 Bike Calories <b>B:</b> 9 Push Press, 60% 1RM 9 Toes-to-bars 12/8 Bike Calories  + Optional Accessory
<b>Friday 28</b>  <b>10 rounds for time of:</b>  3 Snatches, 135/95 lbs 3 Burpees Over Bar  + Optional Accessory	<b>Saturday 29</b>  <b>3r, 1' work, 1' rest, for reps of:</b>  Double KB Rev Lunge, 53/35 lbs V-up Rope Climb, 15 ft Box Jump, 24/20 in  + Optional Accessory	<b>CrossFit Linchpin</b>    24 April 2023