

Monday 18 For time: 30 Snatches, 135/95 lbs *Full Squat Snatches, 135/95 lbs or 60-65% 1RM Sotts 4x8 / LPBBC8 DBFRWL 3x1 MLT:10', SFR:5' W	Tuesday 19 Each for time: Run: 3x 800 m MLT: 4'15, SFR: 3' Box Jump, pick height : 1x25 Side Plank 2x 120 secs M	Wednesday 20 15 rounds for time of: 1 Deadlift, pick load (70-80%) 5 Strict Pull-ups 10 Push-ups 15 Air Squats MLT:24', SFR:15' Farmers Carry 1-1-1 Banded March, 5 mins GW
Friday 22 EMOM 24: max rep Wall Walks, 40 secs max rep Sit-ups, 40 secs max rep Bike Calories, 40 secs Rest 1 min OHP 3x12 / OHC 3x1 Dubs 1x200 See App MG	Saturday 23 For Weight: Back Squat 5-5-5-5-5 MLT: 50%, SFR: 70% 75 V-Ups 40L/40R Pistols W	CrossFit Peachpin  18 October 2021