

Monday 7 1 to 10 to 1 reps for time: Burpee Strict Pull-up MLT: 30', SFR: 17' +Optional Accessory G	Tuesday 8 For weight: Back Squat 3-3-3-3-3 MLT: 60%, SFR: 80% +Optional Accessory W	Wednesday 9 AMRAP in 25 mins of: 55 Double Unders 35 Sit-ups 25/18 Bike Calories 15 Power Cleans, 115/75 lbs MLT: 2.5, SFR: 3.5 +Optional Accessory MGW
Friday 11 4 rounds for time of: Shoulder Press 1-1-1-1-1 Push Press 3-3-3-3-3 Push Jerk 5-5-5-5-5 using heaviest weight per set MLT: 60%, SFR: 85% of OHP +Optional Accessory W	Saturday 12 21-15-9 reps, for time of: Deadlift, 225/155 lbs Box Jump, 24/20 in Toes-to-bar MLT: 6', SFR: 10' +Optional Accessory GW	CrossFit Finchpin  07 February 2022