

Monday 7 For time: Run, 400 m 15 Back Squats, 225/155 lbs Run, 400 m 12 Back Squats, 225/155 lbs Run, 400 m 9 Back Squats, 225/155 lbs MLT: 16', SFR: 11' +Optional Accessory MW	Tuesday 8 3 rounds A, rest 3' 3 rounds of B: A: 12 Push Press, 60% 1RM 12 Toes-to-bars 15/10 Bike Calories B: 9 Push Press, 60% 1RM 9 Toes-to-bars 12/8 Bike Calories MLT: 11', SFR: 7'45 +Optional Accessory MGW	Wednesday 9 3 rounds for time of: Nasty Girls 50 Air Squats 7 Muscle-ups 10 Hang Pwr Clean, 135/95 lbs MLT: 13', SFR: 8'08 +Optional Accessory GW
Friday 11 21-15-9 reps for time of: J.T. Handstand Push-up Ring Dip Push-up MLT: 16'30, SFR: 9' +Optional Accessory G	Saturday 12 For weight: Deadlift 2-2-2-2-2 MLT: 70%, SFR: 85% +Optional Accessory W	CrossFit Peachpin  07 March 2022