

Monday 4 3 rounds for time of: DB Farmers Carry, 50/35 lbs 50/35 Bike Calories 25 V-ups MLT: 35', SFR: 26' +Optional Accessory MGW	Tuesday 5 5 rounds for time of: LP Test 9 Handstand Walk, 50 ft 5 Squat Cleans, 225/155 lbs MLT: 20', SFR: 12' +Optional Accessory GW	Wednesday 6 Each for time: Run: 10x 100 m MLT: 20", SFR: 15" +Optional Accessory M
Friday 8 EMOM20 of: Joe Mills 20/20 1 Squat Snatch 5@70%, 5@70%+5kg, 5@70%+7.5kg, 5@heavy Heavy @ MLT: 80%, SFR: 90% +Optional Accessory W	Saturday 9 5 Intervals of, 3' rest: Barbara 20 Pull-ups 30 Push-ups 40 Sit-ups 50 Air Squats MLT: 6'30, SFR: 4'15 +Optional Accessory G	CrossFit Finchpin  04 April 2022