

Monday 11 For Weight: Deadlift 5-5-5-5-5 MLT: 50%, SFR: 70% + Optional Accessory W	Tuesday 12 AMRAP 20 of: Run, 400 m 5 Bar Muscle-ups MLT: 5, SFR: 7 + Optional Accessory MG	Wednesday 13 21-15-9 of A, r 3', 21-15-9 of B: A: Thruster, 95/65 lbs R Kettlebell Swing, 53/35 lbs B: Push Press, 95/65 lbs R Kettlebell Swing, 53/35 lbs MLT: 6'30 5'30, SFR: 3'30 3' + Optional Accessory W
Friday 15 10 RFT of (desending): 10-1 Strict Pull-ups 10-1 Strict Ring Dips Shuttle Run, 200 m (4x 50 m) MLT: 40', SFR: 20' + Optional Accessory MG	Saturday 16 For Weight: Back Squat 2-3-5-10-2-3-5-10 MLT: 55%, SFR: 75% + Optional Accessory W	CrossFit Echpin  11 April 2022