

Monday 18

5 rounds for time of: **D.T.**

12 Deadlifts, 155/105 lbs
9 Hang Power Cleans, 155/105 lbs
6 Push Jerks, 155/105 lbs

MLT: 12:50, SFR: 9:14

+ Optional Accessory **W**

Tuesday 19

AMRAP 18 of:

12/8 Bike Calories
12 Thrusters, 45/35 lbs
8 Toes-to-bars
1 Rope Climb, 15 ft

MLT: 5, SFR: 7

+ Optional Accessory **MGW**

Wednesday 20

6r, 1' max reps of: **The Ghost**

Row	Calorie
Burpee	
Double Under	
Rest 1 min	

MLT: 447, SFR: 631

+ Optional Accessory MG

Friday 22

For Weight:

Front Squat 1-1-1-1-1-1-1

MLT: 70%, SFR: 85%

+ Optional Accessory **W**

Saturday 23

For time: Randy

75 Power Snatches, 75/55 lbs

MLT: 8' SFR: 5'

	W
+ Optional Accessory	

CrossFit Archpin



18 April 2022