


Monday 27 For time - 5r descending: 50/40/30/20/10 Push-ups 50/40/30/20/10 Double Unders 5/4/3/2/1 Rope Climbs, 15 ft + Optional Accessory	Tuesday 28 E3MOM for 30 of: 1x [1 Power Snatch + 1 Hang Squat Snatch + 1 Squat Snatch], pick load + Optional Accessory	Wednesday 29 For time: L-Sit, 3 mins Every time you break complete: Run, 400 m + Optional Accessory
Friday 1 3RFT of: DB F. Carry, 50/35 lbs, 100 m 10 Back Squats, 65% 1RM Row, 500 m + Optional Accessory	Saturday 2 10-1 reps, for time of: Strict Handstand Push-up Box Jump, 30/24 in Strict Pull-up + Optional Accessory	CrossFit Open  27 June 2022