


Monday 18 7 rounds for time of: 7 Handstand Push-ups 7 Thrusters, 115/75 lbs 7 Knees-to-elbows 7 Deadlifts, 205/145 lbs 7 Burpees 7 Kettlebell Swings, 70/53 lbs 7 Pull-ups + Optional Accessory GW	Tuesday 19 For Time: Run 5km + Optional Accessory M	Wednesday 20 Death by: 3 rounds of A, rest 3', 3r of B: A - 12 HPC, 115/75 lbs 12/8 Bike Calories B - 9 HPC, 115/75 lbs 9/6 Bike Calories + Optional Accessory MW
Friday 22 4r, 1 min per station, for reps of: Pull-up Box Jump, 24/20 in Rest 1 min V-up Shuttle Run, 10 m Rest 1 min + Optional Accessory MG	Saturday 23 Every 4 mins for 28 mins: 1x [1 Clean + 1 Shoulder-to-Overhead + 1 Front Squat + 1 Shoulder-to-Overhead], pick load + Optional Accessory W	CrossFit Finchpin  18 July 2022