

Monday 25

For reps:

Death By Row Calorie

+ Optional Accessory

M

Tuesday 26

5RFT of:

Nancy

Run, 400 m

15 Overhead Squats, 95/65 lbs

+ Optional Accessory

MW

Wednesday 27

3RFT of:

100 Double Unders

25 GHD Sit-ups

5 Rope Climbs, 15 ft

+ Optional Accessory

G

Friday 29

For time:

90 Wall Balls, 20/14 lbs

60 DB Push Press, 50/35 lbs

30 Back Squats, pick load

+ Optional Accessory

W

Saturday 30

21-15-9 reps, for time of:

Deadlift, 225/155 lbs

Chest-to-bar Pull-up

+ Optional Accessory

GW

CrossFit Finchpin



25 July 2022