

Monday

1

5 rounds for time of:

15 Air Squats

11 Toes-to-bars

7 Clean & Jerks, 115/75 lbs

+ Optional Accessory

GW

Tuesday

2

Each for time:

Run: 5x 50 m

Run: 3x 400 m

Run: 1x 800 m

+ Optional Accessory

M

Wednesday

3

Every 1 min for 20 mins:

1 Squat Snatch

5@70%,

5@70%+5kg,

5@70%+7.5kg,

5@heavy

+ Optional Accessory

W

Friday

5

21-15-9 reps, for time of:

Handstand Push-up

Ring Dip

Push-up

+ Optional Accessory

G

Saturday

6

For weight:

Front Squat 5-5-5-5-5

+ Optional Accessory

W

CrossFit Open



01 August 2022