


Monday 15 9-7-5 reps, for time of: Ring Muscle-up Squat Snatch, 135/95 lbs + Optional Accessory GW	Tuesday 16 Each for time: Run: 8x 200 m + Optional Accessory M	Wednesday 17 5 rounds for time of: 15 Kettlebell Swings, 70/53 lbs 15 Burpees + Optional Accessory GW
Friday 19 For weight: Back Squat : 3-3-3-3-3 + Optional Accessory W	Saturday 20 AMRAP20 of: Run, 400 m 24 Hollow Rocks 12 Chest-to-bar Pull-ups 12 Ring Dips + Optional Accessory MG	CrossFit Open  15 August 2022