

Monday 22

For weight:

Clean & Jerk : 2-2-2-2-2-2

+ Optional Accessory

W

Tuesday 23

3 rounds for time of:

100 Double Unders

30 V-ups

10 Bar Muscle-ups

+ Optional Accessory

G

Wednesday 24

EMOM 20, alternating between:

10 Dumbbell Burpees, 50/35 lbs

10 Dumbbell Thrusters, 50/35 lbs

12/8 Bike Calories

Rest 1 min

+ Optional Accessory

MW

Friday 26

8 rounds for time of:

Run, 200 m

8 Box Jumps, 24/20 in

8 Knees-to-elbows

+ Optional Accessory

MG

Saturday 27

5 intervals, each for time, of:

7 Overhead Squats, pick load

Row, 500 m

+ Optional Accessory

MW

CrossFit Catchpin



22 August 2022