


<b>Monday 26</b> <b>21-15-9 reps, for time of:</b> Deadlift, 225/155 lbs Box Jump, 24/20 in Toes-to-bar  + Optional Accessory GW	<b>Tuesday 27</b> <b>For weight:</b> Shoulder Press 1-1-1-1-1 Push Press 3-3-3-3-3 Push Jerk 5-5-5-5-5 using heaviest weight per set  + Optional Accessory W	<b>Wednesday 28</b> <b>4r , 1' for max reps of:</b> Wall Ball, 20/14 lbs Rope Climb, 15 ft Row Calorie Rest 2 mins  + Optional Accessory MGW
<b>Friday 30</b> <b>For time:</b> Run, 400 m 15 Back Squats, 225/155 lbs Run, 400 m 12 Back Squats, 225/155 lbs Run, 400 m 9 Back Squats, 225/155 lbs  + Optional Accessory MW	<b>Saturday 1</b> <b>5 rounds for time of:</b> 9 Clean & Jerks, 115/75 lbs 9 Pull-ups 9/6 Air Bike Calories  + Optional Accessory MGW	<b>CrossFit Open</b>  26 September 2022