

Monday

24

4 rounds for time of:

Run, 400 m

50 Air Squats

+ Optional Accessory

Tuesday

25

For Weight:

Power Clean & Jerk 4-4-4-4-4

+ Optional Accessory

Wednesday

26

10 rounds decending:

10-1 Strict Pull-up

10-1 Strict Ring Dips

L-Sit, 20"

+ Optional Accessory

Friday

28

21-15-9 reps, for time of:

L Kettlebell Snatch, 53/35 lbs

R Kettlebell Snatch, 53/35 lbs

Row Calorie

+ Optional Accessory

Saturday

29

For Time:

LP Test 5

20 Back Squats, 225/155 lbs

Run, 2 mi

20 Back Squats, 225/155 lbs

+ Optional Accessory

CrossFit Archpin



24 October 2022