

Monday 1

For time: Jackie

Row, 1000 m
50 Thrusters, 45/35 lbs
30 Pull-ups

+ Optional Accessory

Tuesday 2

21-15-9 of: J.T.

Handstand Push-up
Ring Dip
Push-up

+ Optional Accessory

Wednesday 3

For weight:

Back Squat 15-10-5

+ Optional Accessory

Friday 5

For time:

Run 10 km

+ Optional Accessory

Saturday 6

For weight:

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

+ Optional Accessory

CrossFit Finchpin



01 May 2023