

TUESDAY 130212 (3) "SAMSON 500"

"Samson 500"

Base: ROM; Run / Row 500

Skill: Focus

Strength: Mental Strength

WOD: For Time-

50 75% Body Weight Bench Press

50 Box Jumps- 24" / 20" Box

50 Pull Ups

50 Burpee's

50 Knees to Elbows

50 Hang Cleans 75-135#

50 Overhead Walking Lunges-50#

50 Push Press 60-100#

50 Meter Farmer Carry 50# Pounds Each Arm

50 Med Ball Toss 20-25#

Stamina: See Above

Endurance: See Above

This WOD will be a challenge. Novice Option Trainees-25 reps; Intermediate Option Trainees-35 reps. Give it your best shot and scale loads to your skill and strength levels. Rest when you need to-it's supposed to be fun!

Train hard with purpose:

"And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by Him."

Col. 3:17