

## 130316 SATURDAY (3) "SAMSON 500"

"The wicked [man] does deceptive work, But he who sows righteousness will have a sure reward."

NKJV

Proverbs 11:18

### "The Easy Day WAS Yesterday Dude"

\***Base:** ROM / 12 Minutes PT- 12 Minute Cap  
(Elite Full, Competitor Full, Novice Full.)

\***Skill:** Back Squat-5 Minute Cap

See Video

\***Strength:** 5 Rounds of 5 Reps 10 Minute Cap  
(Elite-Full, Competitor-Scale Loads, Novice; Work @ 135 / 95)

5-5-5-5-5 (25)

Begin with a weight you can easily do 8-10 times.

Progress at 10-20# increments until you complete the component. You should be working heavy, but able to complete the component with good form.

\***MetCon:** "Samson's 500"

For Time; 5 Rounds with 1 Minute R&R between rounds of-30 Minute Cap

10 ManMakers

10 Pull Ups

10 Sandbag Cleans

10 MedBall Toss

10 DB Snatch Rt Arm

10 DB Snatch Lt Arm

10 Box Jumps

10 Ring Dips

10 Double Under Jump Rope

10 Kettlebell Swings @ 1.5 Pood

(Elite Full; Competitors 3 Rounds; Novice 1 Round; work to complete the reps in each phase.)

\***Stamina:** In MetCon  
(Elite Full; Competitors; Novice)

\***Endurance:** 50 GHD Sit Ups; 50 GHD Back Extensions  
(Elite Full; Competitors Full; Novice 25 Each)

\***Training Levels:** Elite-Competitors-Novice WOD components are color-coded and annotated for scaling. Always scale loads and reps to skill and strength level.

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