



Friday 120210

*"When it goes well with the righteous, the city rejoices; And when the wicked perish, [there is] jubilation."
NKJV
Proverbs 11:10*

"Chronicles II"

***Base:** ROM / 15 Minutes PT-10 Minute Cap

- Follow the SealGrinderPT outline of exercises. Choose the best for you and perform them for the allotted time.

(Elite Full, Competitor Full, Novice Full)

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

- See Video

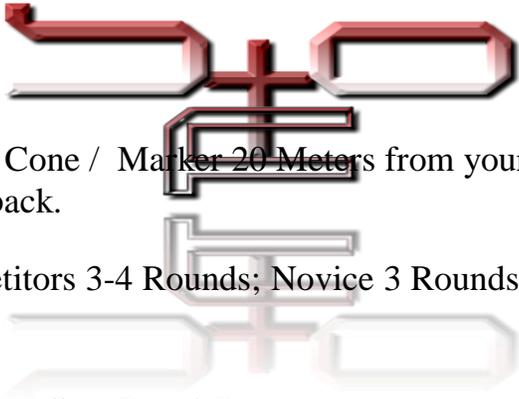
***Strength:** 1 Rep Max Back Squat-10 Minute Cap

(Elite-Full, Competitor-Scale Loads, Novice; Manageable weight that allows for perfect form.)

- 10-8-6-4-3-3-1-1-1 (37)
 - Begin @ a weight that you have to work to get 10 Reps but can get 10.
 - Add weight @ approximately 20# increments as you progress toward a 1 RM.
 - Be careful to keep your eyes, abdomen, and chest at 3 o'clock.
 - Bring your hips forward with each rep keeping the back and bar path over the instep of the foot.
 - Lift with the hips.

***MetCon:** 5 Rounds of- 20 Minute Cap

- 15 Towel Pull Ups
- 20 Box Jumps
- 30 Double Under Jump Ropes
 - Can't do DU's Substitute 60 Reg Jumps
- 40 Meter Out-n-Back

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- Set a Cone / Marker 20 Meters from your station and sprint to it and back.

(Elite Full; Competitors 3-4 Rounds; Novice 3 Rounds)

***Stamina:**

- 800 Meter Sandbag Run / Carry
 - 75 / 45# Sandbag

(Elite Full; Competitors 400; Novice 200)

***Endurance:** AbCore 300

- 75-4 Count Flutter Kicks
- 75-Sit Ups
- 50-25 Each Side, Side Ups
- 50-Leg Levers
- 50-'V' Sits
 - Lay flat on the floor / mat, arms extended over the head, biceps at the ears. Simultaneously lift the legs and upper body toward the ceiling creating a 'V' with the upper and lower torso. Touch the toes with the fingers of the hands and return to the starting position lowering the torso to the mat.

(Elite Full; Competitors 150; Novice 100-Adjust reps accordingly.)

***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 have fun. . .

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