

150703 Friday "SAMSONIZED XIX"

Oldies 141212

Pro 21:4

An high look, and a proud heart, and the plowing of the wicked,
is sin.

CrossFit.com

<http://games.crossfit.com/workouts/the-open/2011>

WORKOUT 11.6

REBOOK CROSSFIT GAMES 2011 OPEN WOD'S

Men

Complete as many rounds and reps as possible in 20
minutes of:

- 5 Power cleans (145 lbs / 65 kg)
- 10 Toes to bar
- 15 Wall balls (20 lbs to 10' target)

Women

Complete as many rounds and reps as possible in 20
minutes of:

- 5 Power cleans (100 lbs / 45 kg)
- 10 Toes to bar
- 15 Wall balls (14 lbs to 9' target)

SCALE LOADS TO SKILL

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