



***Base:** ROM / On the Minute for 10 Minutes
(Elite-Full, Competitors-Full, Novice-Full)

- 10 Wall Ball Shots 10' Target
- 10 Clapping Push Ups
- 5 Pull Ups

***Skill:** Back Squat (All Levels)

- See [Video](#)

***Strength:** 5 Rounds of 5 Back Squats-10 Minute Cap

(Elite-Full, Competitors-Scale Loads, Novice; Form Lifts; 3x5-Work on Technique at manageable perfect form loads.)

- 5-5-5-5-5
 - Begin with Body Weight and increase loads by 10-15% each round.
 - Maintain form; When/If form breaks return to the last perfect lift and complete the component.

***MetCon:** 5 Rounds FT of

- 10 Overhead Squats @ 115 / 75
- 15 Kettlebell Swings @ 2 Pood
- Run 400 Meters

(Elite-Full Competitors-3 Rounds; Scale Loads, Novice-3 Rounds; Scale loads to 45#)

***Stamina:** 3 Rounds of-100 Meter Farmer's Carry 50# Each Hand; 100 Meter Bear Crawl; 100 Meter Backward Run.

(Farmer Carry 100#'s 100 Meters; Drop the DB's and Bear Crawl back 100 Meters; Backward Run to the DB's. 45 Sec R&R)

(Elite-Full Competitors-2 Rounds @ 35, Novice-1 Round @ 15#'s Each Hand)

***Endurance:** AbCore 250

(Elite-Full Competitors- 200, Novice-125)

- 75-4 Count Flutter Kicks
- 75 Reverse Crunches

Sorfit

ELITE FITNESS: SPIRIT-MIND-BODY

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- 50 Side Ups-25 Each Side

**Training Levels: Elite-Competitors-Novice I have color coded and annotated the WOD components. Always scale loads and reps to skill and strength level. Train hard with purpose and have fun. . .*



Train Hard with Purpose