

150326 Friday "SAMSONIZED XXXII"

Pro 24:6

For by wise counsel thou shalt make thy war: and in multitude of counsellors there is safety.

"15.4 Open Base"

See @ <http://games.crossfit.com/workouts/the-open/2015>

Complete as many reps as possible in 8 minutes of:

3 handstand push-ups

3 cleans

6 handstand push-ups

3 cleans

9 handstand push-ups

3 cleans

12 handstand push-ups

6 cleans

15 handstand push-ups

6 cleans

18 handstand push-ups

6 cleans

21 handstand push-ups

9 cleans

Etc., adding 3 reps to the handstand push-up each round, and 3 reps to the clean every 3 rounds.

Men clean 185 lb.

Women clean 125 lb.

NOTE: Athletes in all Masters categories who choose to perform the scaled version of this workout will still be eligible to advance to the Masters Qualifier.

They will be ranked below all athletes who performed the Rx'd version, but will not be ineligible for the next stage of competition.

Masters 55+

(Masters Men 55-59, Masters Men 60+, Masters Women 55-59, Masters Women 60+)

Complete as many reps as possible in 8 minutes of:

3 push presses

3 cleans

6 push presses

3 cleans

9 push presses

3 cleans

12 push presses

6 cleans

15 push presses

6 cleans

18 push presses

6 cleans

21 push presses

9 cleans

Etc., adding 3 reps to the push press each round, and 3 reps to the clean every 3 rounds.

Men push press 95 lb. and clean 115 lb.

Women push press 65 lb. and clean 75 lb.

Teens

(Teen Boys 14-15, Teen Boys 16-17, Teen Girls 14-15,
Teen Girls 16-17)

Complete as many reps as possible in 8 minutes of:

3 handstand push-ups

3 cleans

6 handstand push-ups

3 cleans

9 handstand push-ups

3 cleans

12 handstand push-ups

6 cleans

15 handstand push-ups

6 cleans

18 handstand push-ups

6 cleans

21 handstand push-ups

9 cleans

Etc., adding 3 reps to the handstand push-up each
round, and 3 reps to the clean every 3 rounds.

Boys 14-15 clean 95 lb.

Boys 16-17 clean 115 lb.

Girls 14-15 clean 65 lb.

Girls 16-17 clean 75 lb.

Scaled

(Scaled Men, Scaled Masters Men 40-44, Scaled
Masters Men 45-49, Scaled Masters Men 50-54,
Scaled Women, Scaled Masters Women 40-44,
Scaled Masters Women 45-49, Scaled Masters
Women 50-54)

Complete as many rounds and reps as possible in 8 minutes of:

10 push presses

10 cleans

Men push press 95 lb. and clean 115 lb.

Women push press 65 lb. and clean 75 lb.

Scaled Masters 55+

(Scaled Masters Men 55-59, Scaled Masters Men 60+, Scaled Masters Women 55-59, Scaled Masters Women 60+)

Complete as many rounds and reps as possible in 8 minutes of:

10 push presses

10 cleans

Men push press 65 lb. and clean 75 lb.

Women push press 45 lb. and clean 55 lb.

Scaled Teens

(Scaled Teen Boys 14-15, Scaled Teen Boys 16-17, Scaled Teen Girls 14-15, Scaled Teen Girls 16-17)
Complete as many rounds and reps as possible in 8 minutes of:

10 push presses

10 cleans

Boys push press 65 lb. and clean 75 lb.

Girls push press 45 lb. and clean 55 lb.

**Track your score for the next time we do the
WOD.**

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