

FRIDAY 130111 (3) PUSH PRESS

“An ungodly man diggeth up evil: and in his lips [there is] as a burning fire.”

KJV

Proverbs 16:27

Base: ROM/3 Rounds of 10 Each
Handstand Push Ups
MedBall Burpee
Pull Ups

Skill: Handstand Basics

Work on getting to a handstand from a standing position:
kicking up to the handstand.

Novice work on stepping up to a wall or
walking up a wall with the feet, hands on the floor.

See Video

Strength: 5 Rounds of 5 Push Press
5-5-5-5-5 (25)

Work skill and strength.

Keep the loads heavy enough to work hard but Do Not sacrifice form for loads.
Scale loads to maintain form.

MetCon: 5 Rounds for time of:
8 Dumbbell Hang Clean and Jerk (Right/Left)
12 Box Jumps @ 24" / 20"
3 Rope Ascents

Stamina: On-The-Minute

10 Minutes of:

5 MedBall Toss @ 10' Target/Sprint out 20 Meters and Back 20

Set 2 cones or markers 20 Meters apart. MedBall Toss @ one and sprint out to the other and back. Rest the remainder of the minute for R&R. Cut down on the MedBall's if you need more time to recover.

Endurance: GHD Sit Ups @ 50; 2 x 3 Minute Plank Hold

COVICE

Base: 1-2 Rounds

Skill: Rx

Strength: 3 Rounds of 5
See Push Press Video

MetCon: 3 Rounds rest as needed.

DB Hang Clean @ 20; 16" or 12" Box; 1 Rope Ascent;

Stamina: 5 Minutes

Endurance: Rx with 1-3 Minute Plank.

COMPETITOR

Base / Skill as Rx'd

MetCon: 3 Rounds Rx

Stamina: Rx

Endurance: Rx

ELITE

Full as Rx'd

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