

Monday 120423 (Day 1)

" Hope deferred maketh the heart sick: but [when] the desire cometh, [it is] a tree of life."

KJV

Proverbs 13:12

"JUDE"

***Base:** ROM / 3 Rounds DB Complex-10 Minute Cap

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

(Elite Full; Competitor Full; Novice Full.)

***Strength:** 5 Rounds of 5 Reps Back Squat-15 Minute Cap

- 5-5-5-5-5 (25)
 - Heavy Training Protocol. Work with manageable loads that allow for 4-6 Reps maintain good form.
 - Head and Chest Up: Begin the lift with the hips.

(Elite-Full, Competitor-Full; Novice Full; Scale loads.)

***MetCon:** AMRAP in 20 Minutes 20 Minute Cap.

- 5 Pull Ups
- 10 Push Ups
- 15 Air Squats

(Elite Full; Competitors Full; Novice AMRAP in 10 Minute.)

***Stamina:** 4 Rounds of: 12 Minute Cap

- 25 Meter DB Bear Crawl
- 100 Meter Buddy Carry-No Buddy, use sandbag
 - 60 Second R&R between rounds

(Elite Full; Competitors Full; Novice 50 Meter Buddy Carry.)

***Endurance:** 10 Minute AbCore; 1 Minute each

- Bent Knee Crunches
- Cross-Over Crunches

- Reverse Crunches
- Bent Knee Side-To-Side
- Wipers
- Around-The-World
- Side Ups
- Swimmers
- Sit Ups
- Toes-To-The-Ceiling

(Elite Full; Competitors 7 Minutes; Novice 10 reps each exercise.)

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. . .*



The Marvelous Creation