



**Friday 120217**

*"A gracious woman retains honor, But ruthless [men] retain riches."*

*NKJV*

*Proverbs 11:17*

## **"PSALMS"**

**\*Base:** ROM / Row / Run 1600; 50 Weighted Sit Ups-10 Minute Cap  
(Elite Full, Competitor Full, Novice Full.)

**\*Skill:** Power Clean-5 Minute Cap

- See [Video](#)

**\*Strength:** 1 Rep Max Power Clean; 7 Rounds -10 Minute Cap  
(Elite-Full, Competitor-Scale Loads, Novice; Work @ Olympic Bar or 65)

- 5-3-3-1-1-1 (13)
  - Begin with a weight you can easily do 5 times and progress at 10-20# increments until you find a PC 1 RM

**\*MetCon:** For Time; 5 Rounds of- 20 Minute Cap

- 9-15-21-15-9 (69)
  - Power Clean @ 135 / 95
  - Renegade Row @ 50 / 25
  - Pull Ups

(Elite Full; Competitors 3 Rounds, 21-15-9; Novice 3 Rounds, 9-15-9)

**\*Stamina:** Jump Rope 800

- 100 Regular Jumps both feet
- 100 Both Feet Side-to-Side
- 100 Both Feet Front-to-Back
- 50 Right Foot-50 Left Foot
- 100 Run in Place
- 100 2-Right Foot; 2-Left Foot alternate
- 100 Running Jumps; Run in place turning the rope
- 50 Double Under; 1 Jump, 2 turns of the rope
  - Can't do DU's, 125 regular jumps

(Elite Full; Competitors 400; Novice 200)

**\*Endurance:** AbCore 250

- 100 4 Count Flutter Kicks
- 100 Sit Ups
- 50 Side Ups; 25 Each Side

(Elite Full; Competitors Full; Novice Divide by 3)

[leave a comment. . .](#)

**\*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. . .

