

Monday 120305

"Whoever loves instruction loves knowledge, But he who hates correction is stupid."

NKJV
Proverbs 12:1

"OBADIAH"

***Base:** ROM / Seal Complex-12 Minute Cap
(Elite Full, Competitor Full, Novice 10 Each.)

***Skill:** Split Jerk-5 Minute Cap

- See [Video](#)

***Strength:** 5 Rounds of 3 Clean & Jerk-10 Minute Cap

- 3-3-3-3-3 (15)

(Elite-Full, Competitor-Full; Novice Work for form and technique. Follow the Video protocols. This is a tough combination to learn so be patient with your efforts and loads.)

***MetCon:** For Time Clean and Jerk 15 Minute Cap

- 135 @ 30 Reps

(Elite Full; Competitors Full, Scale Loads; Novice Olympic Bar or 65.)

***Stamina:** 15 Minute Cap 3 Rounds of 3 Minute Maximum Effort Reps of

- 3 Sumo Dead Lift High Pull (SDLHP)
- 6 Ring Push Ups
- 9 Overhead Squats @ PVC
 - Work for 3 Minute Rounds as Rx'd moving from one component to the next i.e. 3 SDLHP, 6 RPU's, 9 OHS, 3 SDLHP, 6 RPU's, 9 OHS; etc. repeating for the Rx'd time.
 - 60 Seconds R&R after each Round

(Elite Full; Competitors 3 Rounds of 2 Minutes; Novice 3 Rounds of 75 Seconds, SDLHP @ 45, increase R&R as needed 20 Minute Cap.)

***Endurance:** 5 Minute AbMax

- For 5 minutes do any series of Abdominal exercise without stopping.

(Elite Full; Competitors Full; Novice 3 Minutes)



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***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