

Friday 120323 (Day 5)

"He [who] speaks truth declares righteousness, But a false witness, deceit."

*KJV
Proverbs 12:17*

"ACTS"

***Base:** ROM / Samson Complex-10 Minute Cap

(Elite Full; Competitor Full; Novice 25 Each.)

***Skill:** Snatch Balance-5 Minute Cap

- See Video

***Strength:** 5 Rounds of 3 Reps Snatch-20 Minute Cap

- 3-3-3-3-3 (15)
 - Work on 2nd pull to rack.
 - Lock the bar above the head and open the chest to 3 o'clock
 - Use a weight that you can handle and maintain form but makes you work hard.
 - Follow the video protocols.

(Elite-Full, Competitor-Full; Novice 3 Rounds; scale loads to afford perfect form.)

***MetCon:** 5 Rounds of 20 Minute Cap.

- Row 200 Meters
- 20 Box Jumps @ 24" / 20"

(Elite Full; Competitors Full; Novice Full.)

***Stamina:** Turkish Get Ups 15 Minute Cap

- 100 Reps @ 40 / 20

(Elite Full; Competitors 50-75 Reps; Novice 25 Reps.)

***Endurance:** 5K

(Elite Full; Competitors 3200; Novice 1600)

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. . .
The Marvelous Creation*



The Marvelous Creation

