

SO FIT

ELITE FITNESS: SPIRIT-MIND-BODY

Friday 120120

*"The fear of the wicked will come upon him, And the desire
of the righteous will be granted."*

NKJV

Proverbs 10:24

"Balance"

***Base:** ROM / 3 Rounds of-10 Minute Cap

- 20 Med Ball Toss 10' Target
- 20 Burpee's
- 20 Overhead Squats PVC

(Elite-Full, Competitor-15, Novice-10)

***Skill:** Pull Up

- See Video

***Strength:** 3 Rep Pull Up Max-10 Minute Cap

(Elite-Full, Competitor-Scale Loads, Novice; Work on full extension pulls; arms straight, full body weight hanging. If you cannot do a pull up use the 'Assists' i.e. Bands, chair or abbreviated. See Video)

- 8-6-3-3-3
 - Begin with body weight. Add 10-20 with each attempt. The suggested reps are just that, suggestions. You should be able to reach your 3 RM in about 20-25 reps.
 - Weight will come with skill and endurance.

***MetCon:** "Angie" We thank CrossFit for this MetCon.

For Time:

- 100 BW Pull Ups
- 100 Push Ups
- 100 Sit Ups
- 100 BW Squats

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

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***Stamina:** Farmer's Carry 50 each hand 400 Meter. *Set Down Penalty:* Each time you have to set the DB's down do a 10 AS penalty.

(Elite Full, Competitors 200 @ 35, Novice 100 @ 25)

***Endurance:** Run 1600 Meters @ Moderate Pace

(Elite Full; Competitors 800; Novice 400)

*** *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. . .*

