

DOFIT

ELITE FITNESS: SPIRIT-MIND-BODY **Monday 120130**

"The lips of the righteous know what is acceptable: but the mouth of the wicked [speaketh] frowardness."

NKJV

Proverbs 10:32

"Joshua"

***Base:** ROM / 400 Meter Run; 20 Each Side, Sandbag Get-Ups-10 Minute Cap

(Elite, Competitor 10 SBGU, Novice 200 Meter Run, 10 Turkish Get-Ups)

***Skill:** Plank Variations (PV) 5 Minute Cap

- See Video

***Strength:** Level One 2 Minute Fitness Tests-10 Minute Cap

(Elite-Full, Competitor-Full, Novice; Full)

- Max Number of Full Range of Motion (FRM) Push Ups
 - Flat Plank position, elbows locked, hands placed under the shoulder, thumbs outside the elbow line. Lower the body to a Chest-Ab contact with the ground then press up to the plank locking the elbows-one rep.
 - Do as AMRAP in 2 minutes
 - Rest as necessary. Count is how many good reps (FRM) you can do in the allotted time.
 - Record your count.
- Max Number of FRM Pull Ups
 - Overhand grip: From a Dead Hang position execute a Pull Up, chin above the bar and lower back to a Dead Hang position-one rep.
 - Rest as necessary. Count is how many good reps (FRM) you can do in the allotted time.
- Max Number of FRM Air Squats
 - Starting Position: Feet Hip Width, toes slightly turned out, hips extended forward, back straight, and knees flexed. Lower the body to a full squat position with the knees breaking 90 degrees. Return to the starting position, hips forward and knees slightly flexed-one rep.
 - Rest as necessary. Count is how many good reps (FRM) you can do in the allotted time.

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***MetCon:** 5 Rounds of 9-15-21-15-9 FT 20 Minute Cap

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- 95 / 75 Thrusters
- Pull Ups

(Elite Full; Competitors Scale Loads, 3 Rounds; Novice 3 Rounds 9-9-9; 65 / 45)

***Stamina:** 400 Meter Walking Lunge

(Elite Full; Competitors 200; Novice 100.)

***Endurance:** In MetCon

(Elite Full; Competitors; Novice)

[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. . .