



Monday 120227

"He who earnestly seeks good finds favor, But trouble will come to him who seeks [evil]."

NKJV

Proverbs 11:27

"EZEKIEL"

***Base:** ROM / 15 'Samson Burpees'-10 Minute Cap

- Power Clean with a Burpee Chaser
 - PC @ 135 / 75

(Elite Full, Competitor Full, Novice Full, Scale Loads at Olympic Bar / 65 lbs)

***Skill:** Back Squat-5 Minute Cap

- See [Video](#)

***Strength:** 5 Rounds of 5; Back Squat-10 Minute Cap

(Elite-Full, Competitor-Scale Loads; Novice, Scale Loads; Work Technique before loads.)

- 5-5-5-5-5 (25)
 - Skill / Strength
 - Work the 5 Reps with emphasis on hip explosion.

***MetCon:** AMRAP (As-Many-Rounds-As-Possible) of-20 Minute Cap

- 5 Towel Pull Ups
- 10 Overhead Squats @ 95 / 65 / Bar
- 15 Knees-to-Elbows
- 20 Kettlebell Swings @ 2.0 / 1.5 Pood

(Elite Full; Competitors Scale Loads; Novice 10 Minutes, Scale Loads, Divide by 2)

***Stamina:** 3 "Tabata" Protocol Jump Rope 15 Minute Cap

(Elite Full; Competitors Full; Novice 1-2 Rounds)

***Endurance:** 400 Meter Buddy Carry

- No Buddy, Heavy Sandbag

(Elite Full; Competitors Full; Novice 100)

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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

