

DOFIT

Friday 120203

ELITE FITNESS; SPIRIT-MIND-BODY

"Riches do not profit in the day of wrath, But righteousness delivers from death."

NKJV

Proverbs 11:4

"Samuel I"

***Base:** ROM / Bulgarian Sandbag Training-10 Minute Cap
(Elite, Competitor, Novice Scale Load Levels)

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

- See Video

***Strength:** 5 Rounds of Back Squat Skill & Technique-10 Minute Cap

(Elite-Full, Competitor-Scale Loads, Novice; Manageable weight that allows for perfect form; 3 Rounds)

- 5-5-5-5-5
 - Work each rep with a 'Reset'.
 - Check the feet, inside of the feet just outside the hip line with the toes slightly turned out.
 - Bar position on the shoulder, elbows forward, balanced grip.
 - Hips Forward
 - Eyes and Chest at 3 O'clock maintained through the full ROM
 - Head @ 12 / Feet @ 6

***MetCon:** "Chelsea"- 30 Minute Cap

- On the Minute for 30 Minutes:
 - 5 Pull Ups
 - 10 Push Ups
 - 15 Air Squats

(Elite Full; Competitors Full; Novice AMRAP [As-Many-Rounds-As-Possible] in 15 Minutes)

***Stamina:** 800 Meter Run with MedBall
(Elite Full; Competitors Full; Novice 200)

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ELITE FITNESS: SPIRIT-MIND-BODY

***Endurance:** In MetCon

(Elite Full; Competitors Full; Novice Full)

***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. . .

