

Friday 12/3/16 (Day 5)

"He that tills his land shall be satisfied with bread; but he that follows vain [persons is] void of understanding."

NKJV

Proverbs 12:11

"MALACHI"

***Base:** ROM / 2 Rounds Burgener Warm Up 10 Sandbag Get Ups-10 Minute Cap

- See Video

(Elite Full; Competitor Full; Novice Full.)

***Skill:** Muscle Up-5 Minute Cap

- See Video

***Strength:** 5 Rounds of 5 Muscle Ups-12 Minute Cap

- 5-5-5-5-5 (25)
 - Work hard on the video protocols if you are new to the Muscle Up.
 - Pay close attention to Grip

If you cannot do an abbreviated Muscle Up; with a slight jump or chair assistance, do 1 Dead Hang Pull Up and 2 Bar Dips for each MU.

(Elite-Full, Competitor-Full; Novice Full; scale loads to afford great form.)

***MetCon:** For Time 30 Minute Cap.

- 10-9-8-7...1
 - Man Makers
 - Ring Dips
- 200 Meter Run / Row
 - @ 10-8-6-4-2-1

(Elite Full; Competitors Full, Scale Loads; Novice 1-5; 200 @ 1-3-5.)

***Stamina:** In MetCon No Cap

(Elite Full; Competitors Full; Novice Full.)

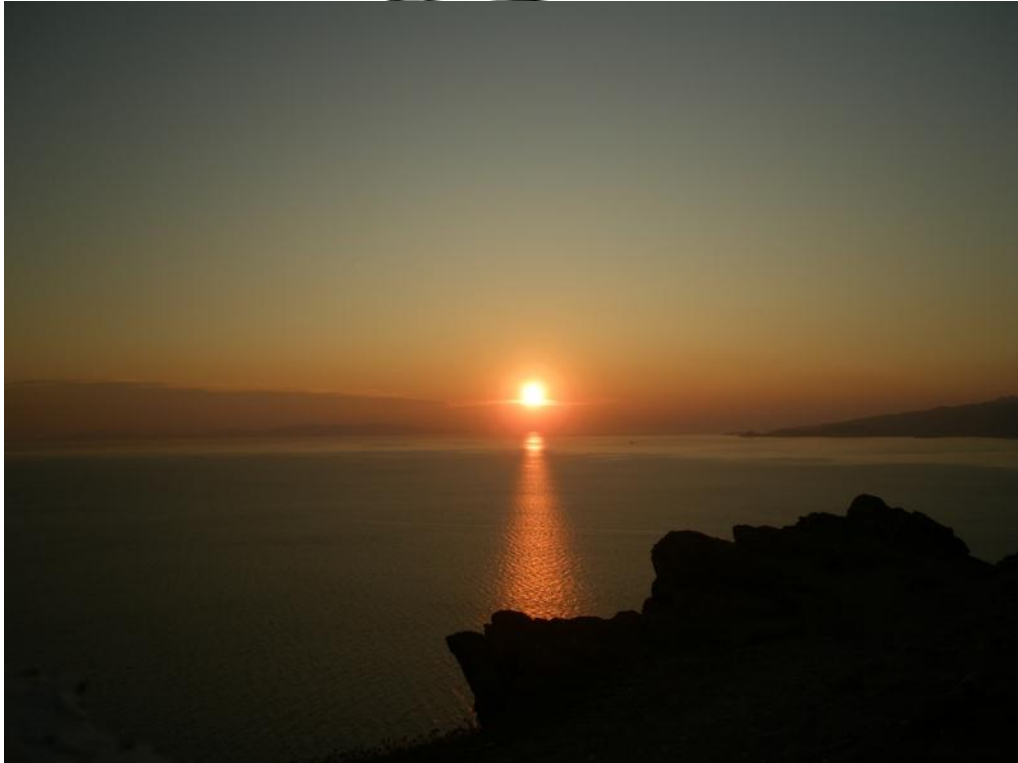
***Endurance:** 400 Meter Farmer Carry @ 50 / 25 Each Hand.

- 20 Arm Haulers

(Elite Full; Competitors 200 Meters; Novice 100 Meters @ 20)

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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