



*"The rich man's wealth [is] his strong city;
The destruction of the poor [is] their poverty."*

NKJV

Proverbs 10:15

"Freedom"

***Base:** ROM 4 Rounds of SealFit Complex @ 95 / 65 (Elite-Full, Competitors Scale Loads, Novice-Divide Reps by 2) 8 Minute Cap
One Round equals

- 6 Power Clean / Split Jerk
- 6 Hang Snatch / Overhead Squat

***Skill:** Front Squat (All Levels)

- See [Video](#)

***Strength:** 5 Rep Max Front Squat-10 Minute Cap (Elite-Full, Competitors-Scale Loads, Novice; Form Lifts-Work on Technique at a manageable perfect form load.)

- 5-5-5-5
 - Begin with 20 lbs under old max. If you do not have a 5 Rep Max, begin with a weight that you can do 8-10 Reps; add weight until form breaks or you complete the component. If form breaks, complete the component at the last perfect lift.

***MetCon:** As Many Rounds as Possible in 20 Minutes of
(Elite-Full add 20# Vest for extra work: Competitors-15 Minutes-No Vest, Novice-10 Minutes-No Vest.)

- 5 Pull Ups
- 10 Push Ups
- 15 Air Squats

***Stamina:** Sprint 400 Rest 1/2 Sprint Time then Sprint-200-100-100-200-400 with 1/2 the Sprint Time for Rest and Recovery between each Sprint.

(Elite-Full, Competitors-Full, Novice-400-200-100 R&R Equal to sprint time.)

***Endurance:** AbCore 250

- 100 Sit Ups

ROKIT

ELITE FITNESS SPIRIT MIND BODY

- 100 Leg Levers
- 50 Side Ups-25 Each Side

(Elite-Full, Competitors-Full, Novice-100)

***Training Levels:** Elite-Competitors-Novice I have color coded and annotated the WOD components. Always scale loads and reps to skill and strength level. Train hard with purpose and have fun. . .

