

Monday 120326 (Day 1)



"The truthful lip shall be established forever, But a lying tongue [is] but for a moment."

KJV

Proverbs 12:19

"CORINTHIANS I"

***Base:** ROM / 12 Minutes PT-10 Minute Cap

(Elite Full; Competitor Full; Novice Full.)

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

- See [Video](#)

***Strength:** Back Squat 3 Rep Max-20 Minute Cap

- 10-8-6-4-3-3-3 (37)
 - Add weight each round @ 10-20 lbs to find a 3 Rep Max

(Elite-Full, Competitor-Full; Novice 3 Rounds; work form and technique.)

***MetCon:** "Tabata Gone Bad" 20 Minute Cap.

- 5 Rounds Tabata Protocol with 60 Second R&R between rounds
 - 5 Exercises on Tabata Tempo; 1 Round Each.
 - Row @ any damper setting
 - 60 Second R&R
 - WallBall @ 20 / 16
 - 60 Second R&R
 - Sit Ups
 - 60 Second R&R
 - Kettlebell Swing @ 1.5 / 1 Pood
 - 60 Second R&R
 - Air Squats

(Elite Full; Competitors Full; Novice Full; KBS @ 12-20, Box J @ manageable height.)

***Stamina:** In MetCon No Cap

(Elite Full; Competitors Full; Novice Full)

***Endurance:** AbCore 150

- 150 Total: Sit Ups, Side Ups, Leg Levels

(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. . .*



The Marvelous Creation

