

Friday 120302

"The fruit of the righteous [is a] tree of life, And he who sows souls [is] wise."

NKJV

Proverbs 11:30

"JOEL"

***Base:** ROM / Olympic Warm Up-10 Minute Cap

(Elite Full, Competitor Full, Novice Full.)

***Skill:** Snatch-5 Minute Cap

- See Video

***Strength:** Snatch @ 5 Rounds of 310 Minute Cap

(Elite-Full, Competitor-Scale Loads; Novice Work for form and technique before attempting heavy loads.)

- 3-3-3-3-3 (15)
 - Skill / Strength Development

***MetCon:** 10 Rounds of Samson's "Gaza Gates" 25 Minute Cap

- 1 Push Press @ .75 Body Weight
- 2 Back Squats @ 1.5 Body Weight
- 3 Bench Press @ 1.5 Body Weight
- 4 Dead Lifts @ 1.5 Body Weight
- 5 Power Cleans @ .75 Body Weight

(Elite Full; Competitors Full; Novice 5 Rounds, Scale to manageable loads.)

***Stamina:** "Tri-Bata" Choose one or do all for variation

- 3 Rounds: Tabata Protocols
 - Run
 - Row
 - Ride

(Elite Full; Competitors Full; Novice 2 Rounds)

***Endurance:** AbCore

- 7 Minutes continuous
 - Sit Ups
 - 4 Count Flutter Kicks
 - Reverse Crunch
 - Crunches
 - CrossOver's
 - Leg Scissors



(Elite Full; Competitors Full; Novice 4 Minutes)

leave a comment...

****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

