

Friday 120309 (Day 5)

"The thoughts of the righteous [are] right, [But] the counsels of the wicked [are] deceitful."

*NKJV
Proverbs 12:5*

"NAHUM"

***Base:** ROM / 25 Each-10 Minute Cap

- Samson Push Ups
- MedBall Toss
- 4 Count Mountain Climbers

(Elite Full, Competitor Full, Novice Full.)

***Skill:** Plank Variations-5 Minute Cap

- See Video

***Strength:** 5 Rounds of 5 Reps Bench Press-10 Minute Cap

- 5-5-5-5-5 (25)

(Elite-Full, Competitor-Full; Novice Work for form and technique. Follow the Video protocols. Maintain perfect form. This lift is a *Core Lift* in that it develops overall strength.)

Bench Press Technique

***MetCon:** 5 Rounds, Max Number of Reps 20 Minute Cap.

- Body Weight Bench Press
 - Slight incline approx 10-15 Degrees (3"-5" Incline)
- Pull Ups
- Clapping Push Ups
- Plank Pull Ups

(Elite Full; Competitors Full; Novice 3 Rounds, Scale Loads.)

***Stamina:** "Tri-Bata" 15 Minute Cap

- Row Tabata Protocol

- 60 Seconds R&R Between Rounds
- No Rower?
 - Substitute SDLHP @ 45 pounds for men and 30 pounds for women. Take the bar from Mid Shin to under the chin--"Shin to Chin."
 - 2K row = 200 SDLHP's, 1K row = 100 SDLHP's, 500 meter row = 50 SDLHP's
 - Do SDLHP's for the protocol
 - Run or Ride

(Elite Full; Competitors Full; Novice 1 Round.)

***Endurance:** 2 Minute Sit Ups, 2 Minute Flutter Kicks

(Elite Full; Competitors Full; Novice Full.)

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