

## 130324 SUNDAY (3) "FIGHT GONE BAD"

"He that is greedy of gain troubleth his own house;  
but he that hateth gifts shall live."

KJV

Proverbs 15:27

BASE: ROM/10 MINUTES SAMSON PT

SKILL: HANDSTAND  
STRENGTH/METCON/STAMINA/ENDURANCE

### "Fight Gone Bad"

We thank [CrossFit.com](http://CrossFit.com) for this WOD

5 MINUTES ON, 1 MINUTE OFF, FOR 3 ROUND OF AS  
MANY REPS AS POSSIBLE @ 1 MINUTE EACH OF:

C2 ROWER @ CALORIE ROW  
NO ROWER?

SUBSTITUTE BURPEES: EACH REP 1 PT.

WALL BALL @ 10' TARGET @ 16-20-25

SUMO DEAD LIFT HIGH PULL @ 65-75-95

PUSH PRESS @ 65-75-95

BOX JUMP @ 16"-24" BOX

#### SCORING:

CALORIES ROWED @C2; NUMBER OF REPS HITTING 10'  
TARGET WITH FULL SQUAT; NUMBER OF REPS FROM  
FLOOR TO CHIN SDLHP; NUMBER OF FULL ROM PUSH  
PRESS; NUMBER OF BOX JUMPS TO FULL STANDING  
POSITION.

GO VICE

Rx: Cut by 50%

COMPETITOR

Rx

ELITE

Rx

Train hard with purpose:

"And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by Him."

Col. 3:17

See Training Video @ <http://youtu.be/DC1904cgvp4>