

DOFIT

Friday 120413 (Day 5)

ELITE FITNESS; SPIRIT-MIND-BODY

"Righteousness keepeth [him that is] upright in the way: but wickedness overthroweth the sinner."

KJV
Proverbs 13:6

"JAMES"

***Base:** ROM / Run / Row 800-6 Minute Cap

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

- See [Video](#)

(Elite Full; Competitor Full; Novice Full.)

***Strength:** 10 Rounds of Back Squat-20 Minute Cap

- 10-8-6-4-3-3-2-2-1-1 (40)
 - Scale Loads to maintain form
 - Follow video training protocols
 - Keep head @ 12 o'clock and chest up @ 3 o'clock with forward hips @ 3.
 - Feet width @ outside hip, toes **slightly** pointed out.

(Elite-Full, Competitor-Full; Novice Rounds 10-8-6-4; Scale loads.)

***MetCon:** For Time 20 Minute Cap.

- 12-11-10-9-8-. . . 1
 - ManMakers and
- 1-2-3-4-5-. . . 12
 - Pull Ups

(Elite Full; Competitors Full; Novice 6-5-4-3-2-1; 15 Minute Cap.)

***Stamina:** 2/1 Ratio Run / Row 15 Minute Cap

- 3200 Meter Run / Row @ 2 Minutes Race Pace and 1 Minutes LSD Pace

(Elite Full; Competitors Full; Novice 20 Each.)

***Endurance:** 10 Minute AbCore

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- 10 Minutes of continuous Abdominal work:
 - Sit Ups, Leg Levers, Reverse Crunch, Flutter Kicks, Side Ups, Crunches, Cross-Over Crunch, Wipers etc.

[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