

MONDAY 130211 (2) WEIGHTED PULL UPS 3 RM

“And they lay wait for their [own] blood; they lurk privily for their [own] lives.”

KJV

Proverbs 15:18

Base: ROM/4 Rounds of Seal Complex

Skill: Muscle Up

See Muscle Up Video for skill development.

Strength: 3 Rep Max Weighted Pull Up

10-8-6-4-3-3-3-3 (40)

Work for a 3 Rep Weighted Pull Up Max.

Begin with something you can do 10 times. Add weight progressively approximately 20 Pounds per Round until you reach the 3's. Continue to add weight until you reach your 3 RM

MetCon: 5 Rounds of “Tabata Grinder”

Break the “Tabata” Protocol into 5-4 Minute Rounds with a 1 Minute R&R between Rounds. Do each of the exercises for 20 Seconds, Rest 10 and move on to the next until you have completed the Session.

Set Up each station before beginning the protocol.

Burpee Pull Ups-20 Sec

10 Sec Rest

Med Ball Toss-20 Sec

10 Sec Rest

Clapping Push Ups-20 Sec

10 Sec Rest

Split Jumps-20 Sec

10 Sec Rest

Heisman's-20 Sec

10 Sec Rest

Knees-To-Elbows-20 Sec

10 Sec Rest

Kettlebell Swing @ 1.5/1.0 Pood-20 Sec

10 Sec Rest

Sumo Dead Lift High Pull @ 1.5/1.0 Pood-20 Sec

Stamina: In MetCon

Endurance: 1600 Meter Run/Row @ Moderate Pace

GOVICE

Base: 2 Rounds

Skill: Rx Work on the technique and skill of the MU

Strength: 5 Rounds of 5-8 Reps

MetCon: Rest as needed. (If you need more time between exercises, take what you need to recover and proceed.)

Stamina: NA

Endurance: 800

COMPETITOR

Base / Skill 2-3 Rounds

MetCon: Rx: Rest as needed

Stamina: NA

Endurance: Rx

ELITE

Full as Rx'd

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