

SATURDAY 130202 (1) PUSH PRESS/SPLIT JERK

"Do they not go astray who devise evil? But mercy and truth [belong] to those who devise good.

"

NKJV

Proverbs 14:22

Base: ROM / 4 Rounds "Daisy's" (10 Minute Cap)

Skill: Push Press (5 Minute Cap)

See Training [Video](#)

Strength: 5 Rounds of 5 Split Jerk

(12 Minute Cap)

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

Begin with 75% of last 5 RM; increase the load each round. Keep loads heavy enough to work hard.

Work on maintaining form. If/When form breaks, return to the last perfect lift.

MetCon: 10 Rounds For Time of: (20 Minute Cap)

10-9-8-7-6- . . . 1*

Ring Dips

ManMakers @ 35 / 25 / 15

Knees-To-Elbows

*(Round One: 10 reps Ring Dips and MMKR's; R-Two; 9, R-Three; 8 reduce the rep number by 1 each round until you complete the component <55>.)

Stamina: "Tabata" Protocol Mile

20/10 for 1600 Meters.

Endurance: 200 Meter Farmer Carry @ 50

VOICE

Base: Rx

Skill: Rx Work on Push Press Skill

See Video above

Strength: Rx but with Olympic Bar or 95 / 65

Work on skill. See Video Above

MetCon: 6 Rounds starting @ 6-5-4-3-2-1

65 / 95 DL's

10-15# DB's On MMKR's

Stamina: 50% Rx'd

Endurance: 5 Minute AbCore

Strive for 15-20 Reps Each Round

COMPETITOR

Base / Skill as Rx'd

MetCon: Rx

Stamina: Rx

Endurance: AbCore 7-8 O-T-M

ELITE

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