

SO FIT

ELITE FITNESS: SPIRIT-MIND-BODY

Friday 12/04/27 (Day 5)

"Good understanding giveth favour: but the way of transgressors [is] hard."

KJV

Proverbs 13:15

"Abraham"

***Base:** ROM / 30 Samson Push Ups; 30 KBS @ 2 / 1.5 Pood-8 Minute Cap

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

(Elite Full; Competitor Full; Novice Full.)

***Strength:** 10 Rounds of Barbell Bench Press

- 8-7-5-4-3-3-3-1-1-1 (36)
 - Work to a 1 Rep Max beginning with a manageable load that you can do with perfect form 8-10 reps.
 - Add weight at intervals that allow perfect form for the rep totals.
 - The last 3 RM and the 1's are heavy.
 - **Be certain to have a spotter.**

(Elite-Full, Competitor-Full; Novice Full; Scale loads.)

***MetCon:** 5 Rounds for Time of 8-12 Reps 20 Minute Cap.

- DB Incline 30° Bench Press @ 75 / 55 / 35
 - No Heavy DB's Use the Olympic BB and vary the width of the grip each round.
 - Work to stay in the upper rep limits for hypertrophy.
- Each Arm; Suitcase Row @ Max Wt. Possible
- 50 Regular Jumps-Jump Rope

(Elite Full; Competitors Full-Scale Loads; Novice Full-Scale Loads.)

***Stamina:** 2/1 5 K 25 Minute Cap

- 2 Minutes at Race Pace; 1 Minute at LSD Pace for 5000 meters-3 Miles
 - Sprint or Run at your fastest pace for 2 minutes then jog for the remaining 1 minute, repeat for 3 miles.

(Elite Full; Competitors 3200-2 Miles; Novice 1600 Meters-1 Mile.)

***Endurance:** 200 Meter Farmer Carry @ 50 / 35; 10 Push Up penalty each time you set the weights down.

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ELITE FITNESS GREAT MIND-BODY
(Elite Full; Competitors Full; Novice No Penalty for setting the weights down)

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**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