

## SATURDAY 130105 (1) PUSH PRESS 5 RM

“The highway of the upright [is] to depart from evil: he that keepeth his way preserveth his soul.”

KJV

[Proverbs 16:17](#)

**Base:** ROM/4 Rounds Dumbbell Complex

**Skill:** Push Press  
See Video

**Strength:** 5 Rep Push Press Max 5-5-5-5-5 (25)  
Work skill and strength.

Keep the loads heavy enough to work hard adding weight to each round.

Maintain form trying to find your Push Press 5 RM

See **Push Press Video**

**MetCon:** “Thunder”

5 Rounds for time of 9-15-21-15-9 (69)

Thrusters with a 3 Rope Ascent Chaser

**Stamina:** For Time

3200 Meters @ 2/1

2 Minutes Hard Run or Row then 1 Minute Recovery

**Endurance:** AbCore

50 GHD Sit Ups

3 x 2 Minute Plank Hold Variations

# BOVICE

**Base:** 2 Dumbbell Complex

**Skill:** Rx

**Strength:** 3 Rounds of 5

Work on Skill and Form: Weight will come as Skill improves  
See [Video](#).

**MetCon:** 3 Rounds of 9-15-9

**Stamina:** 50% Rx

**Endurance:** Rx @ 50%

# COMPETITOR

**Base / Skill** as Rx'd

**MetCon:** 3 Rounds of 21-15-9

**Stamina:** Rx

**Endurance:** 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