

SOFIT

ELITE FITNESS: SPIRIT-MIND-BODY

Monday 120116

"The tongue of the righteous [is] choice silver; The heart of the wicked [is worth] little."

NKJV

Proverbs 10:20

"Imran"

We dedicate this WOD to Imran Ghafur. On July 1, 2009, Pakistani police arrested Imran in Punjab province after Muslims accused him of burning pages of the Quran. While cleaning his brother's retail shop, Imran removed the trash he had collected, intending to burn. . .

Continue reading. . .

***Base:** ROM / DB Complex

(Elite-Full, Competitors-Full, Novice-Full)

***Skill:** Back Squat (All Levels)

- See Video

***Strength:** 3 Rep Max Back Squat-10 Minute Cap

(Elite-Full, Competitors-Scale Loads, Novice; Form Lifts; 3x5-8 Reps, work on Technique at manageable perfect form loads.)

- 3-3-3-3
 - Begin with 20-30 under your old 3 RM. If you do not have one, use a weight that you can easily manage for 5-6 Reps.
 - Add weight until form breaks, or you reach a new 3 RM.
 - Complete the component with perfect form.
 - No ego lifts, weight will come with skill and endurance.

***MetCon:** 5 Rounds FT of-

- 8 Back Squats @ 60% 3 RM
- 20 Kettlebell Swings @ 2 / 1.5 Pood
- 30 Double Under's
 - Substitute DU's with double number of singles

(Elite-Full Competitors-3 Rounds; Scale Loads, Novice-3 Rounds @ 1/2 rep totals.)

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***Stamina:** On-The-Minute for 10 Minutes

- 8 Knees-to-Elbows
- 8 Dive Bomber Push Ups
- 8 Pull Ups

(Elite-Full, Competitors-6, Novice-4)

***Endurance:** AbCore 275

- 100 4 Count Flutter Kick
- 100 Sit Ups
- 50 Side Ups(25 Each Side)
- 25 Hollow Rock

(Elite-Full, Competitors- 125, Novice-100: Break up the components into manageable parts.)

**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. . .*