

Monday 120402 (Day 1)

"Anxiety in the heart of man causes depression, But a good word makes it glad."

KJV

Proverbs 12:25

"COLOSSIANS"

***Base:** ROM / 20 Each-10 Minute Cap

- Samson Push Ups
- Plank Pull Ups
- 1 Hand MedBall Sit Ups 10 each hand
 - Holding the MedBall in one hand, arm extended toward the ceiling, perform a Sit Up keeping the ball elevated toward the ceiling through the full range of motion both up and down. Equals one rep.
 - Similar to a Turkish Get Up without the standing element.

(Elite Full; Competitor Full; Novice Full, Scale Loads.)

***Skill:** Push Press-5 Minute Cap

***Strength:** 5 Rounds of 5 Reps Push Press-15 Minute Cap

- 5-5-5-5-5 (25)
 - Scale Loads to form: progress to 5 Rep PP Max

(Elite-Full, Competitor-Full; Novice 3 Rounds.)

***MetCon:** As Many Rounds as Possible in 20 Minutes of 20 Minute Cap.

- 5 Muscle Ups
- 10 Dumbbell Thrusters @ 40 / 20 / 10
- 20 Kness-To-Elbows

(Elite Full; Competitors Full; Novice 1 MU, 5 DB Thrusters, 8 KTE's 12 Minutes.)

***Stamina:** Run or Row Tabata 5K (If you have a Rower it is preferred.) 25 Minute Cap

(Elite Full; Competitors 3K; Novice Tabata 1K.)

***Endurance:** In MetCon / Stamina

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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

