

SUNDAY 130113 (DAY 1) SQUAT CLEAN

“Righteousness exalts a nation, But sin [is] a reproach to [any] people.”

NKJV

Proverbs 14:34

Base: ROM / RUN/ROW 1600; 50 Weighted Sit Ups (10 Minute Cap)
Compare: “Psalms” 120217

Skill: Power Clean (5 Minute Cap)
See Training Video @
<http://youtu.be/6TlbDQUWs0s>

Strength: 5 Rounds of Squat Power Clean. (15 Minute Cap)
5-5-5-5-5 (25)
Begin with a weight you can easily do 5 times and progress at 10-20#
increments until you find a PC 1 RM.

MetCon: 5 Rounds for time of:
9-15-21-15-9 (69)
DB Squat Clean @ 70 / 50 / 25
Renegade Row @ 50 / 35 / 25
Pull Ups

Stamina: Jump Rope 800
100 Regular Jumps both feet
100 Both Feet Side-to-Side
100 Both Feet Front-to-Back
50 Right Foot-50 Left Foot
100 Run in Place
100 2-Right Foot; 2-Left Foot alternate
100 Running Jumps; Run in place turning the rope
50 Double Under; 1 Jump, 2 turns of the rope
Can't do DU's, 125 regular jumps

Endurance: AbCore 250
100 4 Count Flutter Kicks
100 Sit Ups
50 Side Ups; 25 Each Side

BOVICE

Base: Rx / Skill: 50% Rx Scale Loads
Strength: Scale Loads to Strength and Skill
No Max; 5 Rounds of 5
MetCon: 3 of 9-15-9
Stamina: 50% Rx
Endurance: 25% Rx

COMPETITOR

Base / Skill: as Rx'd
MetCon: Rx
Scale Loads to Skill and Strength
Stamina: 6-8 Rounds; Choice of Jumps
Endurance: Rx

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