

Friday 120330 (Day 5)

"A prudent man concealeth knowledge: but the heart of fools proclaimeth foolishness."

KJV

Proverbs 12:22

"EPHESIANS"

***Base:** ROM / 4 Rounds of Daisy's-10 Minute Cap

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

***Skill:** Power Clean-5 Minute Cap

- See Video

***Strength:** 8 Rounds of 3 Reps Power Clean-15 Minute Cap

- 3-3-3-3-3-3-3-3 (24)
 - Scale Loads to form: progress to 3 Rep PP Max
 - Take care to hand and bar placement at the shoulder and neck.
 - Elbows High

(Elite-Full, Competitor-Full; Novice 3 Rounds; Scale Loads, work form and technique.)

***MetCon:** 5 Rounds of 9-15-21-15-9 20 Minute Cap.

- Handstand Push Ups
- Barbell Bent Row-Snatch Grip or Plank Pull Ups
- Box Jumps

(Elite Full; Competitors Full; Novice 3 Rounds of 9-15-9; Plank Pull Up; Box Step Ups may be substituted of Box Jumps.)

***Stamina:** On-the-Minute for 7 Minute Cap

- 3 Hang Cleans @ 135 / 95 / 45
- 30 Regular Speed Jumps @ Jump Rope

(Elite Full; Competitors Full; Novice 5 Minute Cap.)

***Endurance:** Run / Row 1600 Meters at Moderate Pace

(Elite Full; Competitors Full; Novice Full)

**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. . .*

