



Monday 120206

"The righteousness of the upright will deliver them, But the unfaithful will be caught by [their] lust."

NKJV

Proverbs 11:6

"Kings I"

***Base:** ROM / 4 Rounds of Barbell Complex-10 Minute Cap
(Elite, Competitor, Novice 2 Rounds @ Olympic Bar)

***Skill:** Dead Lift-5 Minute Cap

- See [Video](#)

***Strength:** 5 Rounds of Dead Lift-Skill & Strength Development-10 Minute Cap

(Elite-Full, Competitor-Scale Loads, Novice; Manageable weight that allows for perfect form; 3 Rounds)

- 5-5-5-5-5
 - Work each rep with a 'Reset' i.e. Start each rep as a new round and check the following.
 - Check the feet; outside of the feet just at the hip line with the toes slightly turned out.
 - Bar position on the shins over the instep (Feel-the-Steel). Locking grip-index finger over the thumb, DL (Dead Lift) / PC (Power Clean) Width.
 - Eyes and Chest at 3 O'clock maintained through the full ROM
 - Head @ 12 / Feet @ 6

***MetCon:** 5 Rounds of- 20 Minute Cap

- 400 Meter Sprint / Row
- 21 Kettlebell Swings @ 1.5 Pood
- 15 Pull Ups

(Elite Full; Competitors 3-4 Rounds, Scale Loads; Novice 3 Rounds of 200 Meter Sprint; 10 KBS @ 1 Pood or manageable load; 7 Pull Ups)

***Stamina:** 400 Meter Farmer Carry @ 50 / 25 Each Hand. Add a 10 Sit Up Penalty each time you set the weights down.

(Elite Full; Competitors Full; Novice 200 and 5 SU Penalty)



***Endurance:** AbCore 250

- Continuous movement for 250 reps of your favorite abdominal exercises. Keep moving from one to another.
 - Sit Ups
 - Flutter Kicks
 - Side Ups
 - Toes-to-Bar
 - Knees-to-Elbows
 - Leg Levers

(Elite Full; Competitors 150; Novice 100)

***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. . .

