

DOFIT

Monday 120430 (Day 1)

ELITE FITNESS: SPIRIT-MIND-BODY

"Mordecai"

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***Base:** ROM / 4 Rounds Seal Complex-8 Minute Cap

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

(Elite Full; Competitor Full; Novice Full.)

***Strength:** 6 Rounds of Push Press 4-5 RM-15 Minute Cap

- 10-5-5-5-5-5 (35)
 - Work to a 4-5 Rep Max beginning with a manageable load that you can do with perfect form 8-10 reps.
 - Add weight at intervals that allow perfect form for 4-5 reps.
 - If / When form breaks continue the protocol at the last good form lift.

(Elite-Full, Competitor-Full; Novice Full; Scale loads.)

***MetCon:** 5 Rounds for Time of DB "Fran" @ 9-15-21-15-9 20 Minute Cap.

- DB Thrusters @ 45 / 35 / 20
- Ring Dips

(Elite Full; Competitors 3 Rounds of 21-15-9-Scale Loads; Novice 3 Rounds of 9-15-9-Scale Loads.)

***Stamina:** "4-Bata" 20 Minute Cap

- 4 Tabata Protocol Rounds
 - Round 1 Tabata Row
 - Round 2 Tabata Sit Ups
 - Round 3 Tabata Row
 - Round 4 Tabata Sit Ups

(Elite Full; Competitors Full; Novice Rounds 1-2 only.)

***Endurance:** *For a little Extra Work*-200 Meter Farmer Carry @ 50 / 35 / 25

(Elite Full; Competitors Full; Novice No Penalty for setting the weights down.)

***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. . .

DOFIT

ELITE A

ELITE B

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The Marvelous Creation