

DOFIT

ELITE FITNESS: SPIRIT-MIND-BODY

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"The righteous will never be removed, But the wicked will not inhabit the earth."

NKJV

Proverbs 10:30

"Numbers"

***Base:** ROM / Dumbbell Complex 10 Minute Cap

- Work with a weight that you can manage for the rep totals. Increase the loads as you progress through the component for maximum effort with perfect form.
 - Work for power but do not sacrifice form.
 - Finish each move with purpose; don't just try to get through it, make it work!

(Elite, Competitor, Novice)

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

- See Video
- Focus on technique.
 - The Dead Lift is the fundamental starting point for all the Olympic Lifts.
 - Pay attention to hand (thumb lock), foot placement, and bar path.
 - Keep the bar close: "Feel-the-Steel"

***Strength:** Dead Lift-10 Minute Cap

(Elite-Full, Competitor-Emphasize technique. Reset hands, feet with each rep, Novice; Work technique. 135-185 Max)

- 1-1-1-1-1

<http://youtu.be/-fUzVq5CfNI>

In keeping with our emphasis on the Olympic Lifts this month, observe the Dead Lift portion of Dimas' Clean. Pay close attention to the bar path and hip flexion. This is the power of the first pull. It is the building block for success in the other lifts.

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***MetCon:** AMRAP in 20 Minutes of-20 Minute Cap

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- 3 Body Weight Dead Lifts
- 6 ManMakers 40 / 20
- 9 Plank Pull Ups

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(Elite Full; Competitors Scale Loads; Novice 15 Minute Cap)

***Stamina:** Sprints and Towel Pull Ups

- Place a cone or marker 100 Meters from your Pull Up bar, Sprint to the cone and back, do 5 Towel Pull Ups.
 - (R&R 30 Seconds)
- Sprint to the cone and back, do 10 Towel Pull Ups.
 - (R&R 30 Seconds)
- Sprint to the cone and back, do 15 Towel Pull Ups.
 - (R&R 30 Seconds)
- Sprint to the cone and back, do 10 Towel Pull Ups.
 - (R&R 30 Seconds)
- Sprint to the cone and back, do 5 Towel Pull Ups.

(Elite Full; Competitors Full; Novice Place cone at 50. Divide TPU's by 2)

***Endurance:** AbCore 250

(Elite Full; Competitors 175; Novice 100)

leave a comment. . .

***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. . .

http://youtu.be/0H_DS37GzfQ

Watch this Video of Pyrros Dimas' lift in 2004 Olympics in Greece. Dimas, a 175 pound lifter, would attempt a world record 457 pound Clean and Jerk.