

**Monday 120416 (Day 1)**

*"The ransom of a man's life [are] his riches; but the poor heareth not rebuke."*

*KJV  
Proverbs 13:8*

## **"PETER II"**

**\*Base:** ROM / Barbell Complex-12 Minute Cap

**\*Skill:** Front Squat-5 Minute Cap

- See [Video](#)

(Elite Full; Competitor Full; Novice Full.)

**\*Strength:** 5 Rounds of 3 Max-15 Minute Cap

- 3-3-3-3-3 (15)
  - Heavy Training Protocol. The weight is too light if you can do 4 reps. Load the bar with enough weight to stress your 3rd rep.
  - This protocol requires training to failure at 3-4 Reps Max

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

**\*MetCon:** As-Many-Rounds-As-Possible in 20 Minutes 20 Minute Cap.

- 10 Front Squats @ 65% 5 RM
- 20 Box Jumps @ 30" / 24" / 16"
- 30 Kettlebell Swings @ 2 / 1.5 Pood

(Elite Full; Competitors Full; Novice 3 Rounds 12 Minute Cap.)

**\*Stamina:** 2/1 3200 Meter Run / Row 15 Minute Cap

- 2 Minutes Race Pace followed by 1 Minute LSD.
  - 3200 Meters alternating 2/1

(Elite Full; Competitors Full; Novice 1600.)

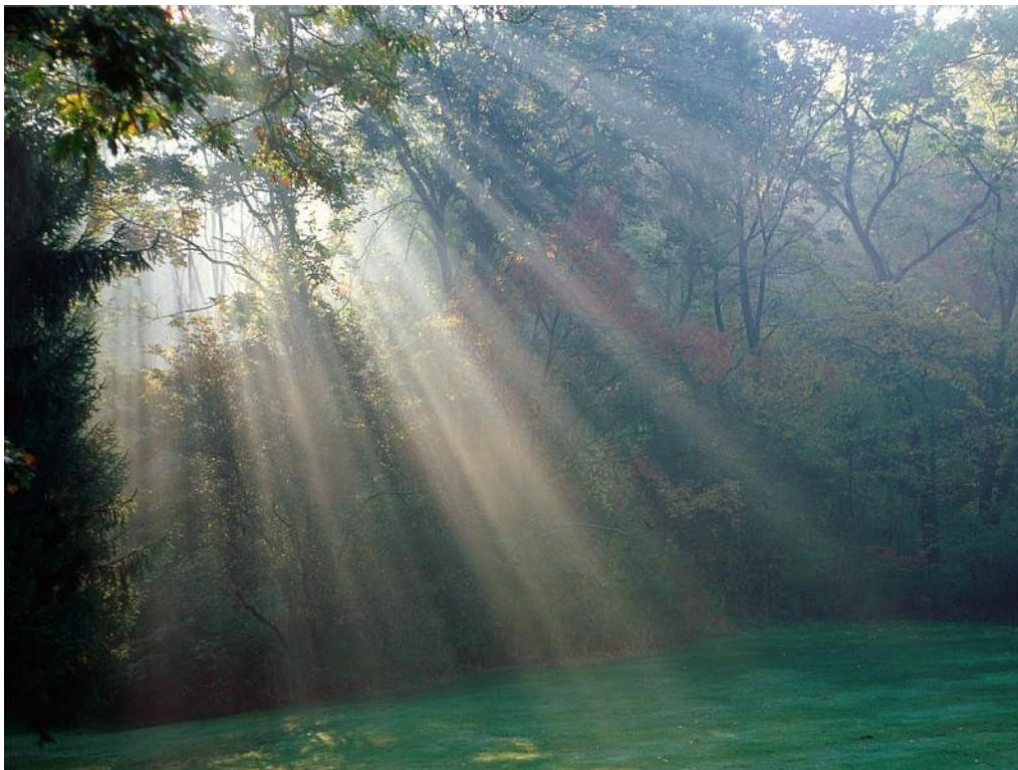
**\*Endurance:** AbCore 300

- 12 Minutes Continuous Abdominal Work

- Sit Ups; Leg Levers; 4 Count Flutter Kicks; Side Ups, Wipers (With legs straight, toes pointed to the ceiling, back and shoulders flat to the floor, lower the legs to the right as far as possible without the shoulders coming off the floor. Raise the legs back to the start position and repeat to the left; one rep.), Toes-To-Bar, Plank 3 Points (From plank position lift a hand or foot and balance on 3 points; alternate the points for 20-30 sec each.), Crunches, Reverse Crunches.

(Elite Full; Competitors Full; Novice 10 Minute Abs.)

***\*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. . .*



The Marvelous Creation

current wods