

SO FIT

ELITE FITNESS: SPIRIT-MIND-BODY

Monday 120123

"As vinegar to the teeth and smoke to the eyes, So [is] the lazy [man] to those who send him."
NKJV
Proverbs 10:26

"Genesis"

***Base:** ROM / Frog Complex 12 Minute Cap

- See [Link](#)

(Elite, Competitor, Novice-Scale Loads)

***Skill:** Muscle Up (MU)

- See [Video](#)

***Strength:** Muscle Up-Work on technique or 5 rounds of 5-10 Minute Cap

(Elite-Full, Competitor-Technique with 5 Rounds of 3, Novice; Work technique and 2 PU / 2 Dips for each MU)

- 5-5-5-5
 - If you cannot do a muscle up follow the tips and work on the technique.
 - Substitute: For each MU, do 4 Pull Ups and 4 Dips

***MetCon:** 5 Rounds for time of

- 5 ManMakers
- 10 Chest-to-Bar Pull Ups (CTB-PU)
- 15 Knees to Elbows (KTE)

(Elite Full; Competitors 3 Rounds; Novice 3 Rounds @ 3 MMkr's, 5 CTB-PU, and 8 KTE)

SO FIT

ELITE FITNESS: SPIRIT-MIND-BODY

***Stamina:** For Time (DB in each hand)

- 1 MU, 5 DB Thrusters, 20 Sit Ups
- 2 MU, 10 DB Thrusters, 30 Sit Ups
- 3 MU, 15 DB Thrusters, 40 Sit Ups
- 4 MU, 20 DB Thrusters, 50 Sit Ups

(Elite Full @ 40; Competitors Full @ 25; Novice Rounds 1 and 2 @ 10)

***Endurance:** 5 K @ Moderate Pace

(Elite Full; Competitors Full; Novice 2 K)

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. . .*