

## MONDAY 130218 (1) CLEAN AND JERK

"The way of a fool [is] right in his own eyes: but he that hearkeneth unto counsel [is] wise."

KJV

Proverbs 12:15

"JOHN"

**\*Base:** ROM / - 10 Minute Cap

50 MedBall Toss @ 20 / 16 10' Target

50 MedBall Sit Ups

Laying flat on the floor with MedBall extended to the ceiling sit up keeping the MedBall pointed at the ceiling. Lower the body back to the start position keeping the ball steady at the ceiling; one rep.

(Elite Full; Competitor Full; Novice 25 Each.)

**\*Skill:** Clean & Jerk-5 Minute Cap

See Video

**\*Strength:** 5 Rounds of 3 Reps Clean and Jerk-20 Minute Cap

3-3-3-3-3 (15)

Work on dip and drive.

Lock the bar above the head and open the chest to 3 o'clock  
Use a weight that you can handle and maintain form but makes you work hard.

Follow the video protocols.

(Elite-Full, Competitor-Full; Novice 3 Rounds; scale loads to afford perfect form.)

**\*MetCon:** "FRAN" on Steroids; We thank CrossFit for this MetCon. See the original @ crossfit.com "Exercises and Demos" 20 Minute Cap.

9-15-21-15-9

DB Thrusters

Dead Hang Pull Ups

(Elite Full; Competitors 21-15-9; Novice 9-15-9.)

**\*Stamina:** Run or Row 15 Minute Cap

800-400-200-100-100-200-400-800

Run or Row the Bout and R&R 1/2 the Bout time.

(Elite Full; Competitors 400-200-100-100-200-400; Novice  
200-100-100-200 Rest as needed.)

**\*Endurance:** AbCore 300

100 Sit Ups

50 4-Count Flutter Kicks

50 Leg Levers

50 Crunches; Bent Knees, Feet off the floor at 90 Degrees

50 Hollow Rock

(Elite Full; Competitors 200; 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. . .

Train hard with purpose:

"And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by Him."

Col. 3:17