

SUNDAY 130210 (1) SPLIT JERK

"Where no oxen [are], the trough [is] clean; But much increase [comes] by
the strength of an ox."

NKJV

Proverbs 14:4

***Base:** ROM 15 Minutes Sandbag Get Ups

(Elite-Full, Competitors Scale Loads, Novice-Full) 15 Minute Cap

***Skill:** Push Press (All Levels)

***Strength:** 1 Rep Split Jerk Max-10 Minute Cap

(Elite-Full, Competitors Scale Loads, Novice-; Form Lifts-Work on Technique at
a manageable perfect form load.)

8-8-1-1-1-1-1-1-1-1 (24)

Begin with a load approximately 20 pounds under your old 1 RM. Add
weight as you progress until you find your 1 Rep Max

***MetCon:** 5 Rounds of 9-15-21-15-9 (69) 20 Minute Cap

(Elite-Full; Competitors Full; Novice-Full.)

Handstand Push Ups

Toes-To-Bar

MedBall Toss

***Stamina:** "Grease-The-Wheel" AMRAP in 15 Minutes

"MILLSTONE PUSH UP"-With your feet as the center of a clock, place both hands
on a MedBall. Begin at 12 o'clock; do a Push Up, chest to ball. Keeping your
hands on the MedBall roll the ball to 3 o'clock feet remaining in the center not
moving. Do Push Ups at 3, 6, 9, and 12 o'clock. Return 12, 9, 6, 3, and 12;
equals one round. One round equals 10 Push Ups.

Run or Row 200 Meters

(Elite-Full, Competitors-Full, Novice-8 Minutes.)

***Endurance:** 50 GHD Sit Ups
(Elite-Full; Competitors Full; Novice-25)

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