

130306 WEDNESDAY (1) WEIGHTED PULL UPS 3 RM

"A talebearer reveals secrets, But he who is of a faithful spirit conceals a matter."

NKJV

Proverbs 11:13

"Pull It Together Boys"

***Base:** ROM / 4 Rounds of Frog Complex- 10 Minute Cap
(Elite Full, Competitor Full-Begin @ 45-add 10 with each round, Novice Scale Loads 2 Rounds-Begin @ 45-add 10 for second round.)

***Skill:** Pull Up-5 Minute Cap
See Video "Pull Ups"

***Strength:** 3 Rep Max Pull Up; 5 Rep Rounds - 10 Minute Cap
(Elite-Full, Competitor-Scale Loads, Novice; Begin with BW. If you cannot do a Pull Up modify the Rx'd and work on form and skill.)

15- 10-8-6-3-3-3-3 (51)

Begin @ BW+20 and progress at 10-20# increments to you find a 3 RPUM

***MetCon:** For Time with 20# Weighted Vest-20 Minute Cap

10-9-8-7-6-5-4-3-2-1

Towel Pull Ups

Ring Push Ups

Kettlebell Swings 2 / 1.5 Pood

Knees-to-Elbows

(Elite Full; Competitors Rounds 10-5; Novice No Vest, 10-8-6-4-2.)

***Stamina:** 5 Rounds of

Run / Row @ Race Pace

2 Minute Sprint- 1 Minute Slow

Sprint for 2 minutes AFAP (As-Fast-As-Possible), Jog / Row

1 Minute Recovery.

Repeat for 5 Rounds.

(Elite Full; Competitors 4 Rounds; Novice 2 Rounds)

***Endurance:** 400 Meter Farmer Carry @ 50 Each Hand
10 Push Up Penalty each time you set the weights down.
(Elite Full; Competitors 200 @ 30; Novice 100 @ 20.)

***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. . .



"This is what happens when we don't exercise; we just lay around and rust."

TRAIN HARD WITH PURPOSE:

"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."

KJV

Col. 3:17