

Friday 120420 (Day 5)

*"Wealth [gotten] by vanity shall be diminished. but he that gathereth
by labour shall increase."*

*KJV
Proverbs 13:11*

"JOHN III"

***Base:** ROM / 4 rounds Daisy's-10 Minute Cap

***Skill:** 'L' Pull Ups-5 Minute Cap

- See [Video](#)

(Elite Full; Competitor Full; Novice Full.)

***Strength:** 5 Rounds of 5 Weighted Pull Up Max-15 Minute Cap

- 5-5-5-5-5 (25)
 - Heavy Training Protocol. Work with manageable loads that allow for 4-6 Reps without kipping.

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

***MetCon:** "Samson 500" 30 Minute Cap.

- 50 Each of the following exercises:
 - Pull Ups
 - Box Jumps
 - Ring or Bar Dips
 - Burpee
 - Push Press @ 95
 - Double Unders' or 100 Regular Jumps
 - Samson Push Ups-Count each PU as 1 rep
 - DB Snatch 25 each arm @ 40/20
 - Split Jumps
 - Kettlebell Swings

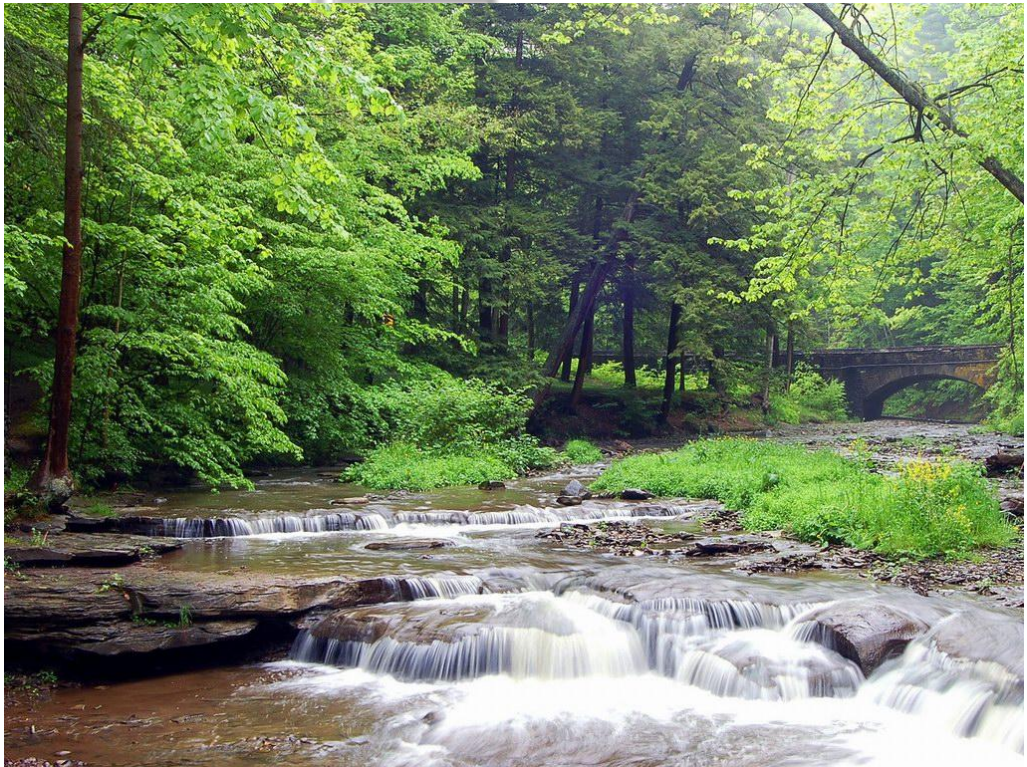
(Elite Full; Competitors Full; Novice 10 Each 15 Minute Cap.)

***Stamina:** In MetCon No Cap

(Elite Full; Competitors Full; Novice Full.)

***Endurance:** In MetCon
(Elite Full; Competitors 7 Minutes; Novice 4 Minutes)

***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