



"Martha"

***Base:** ROM NFT (Elite-Full, Competitors-Scale Loads, Novice-Divide Reps by 4) 10 Minute Cap

- 100 Meter OH Walking Lunge PVC
- 20 Burpee Box Jumps 20" / 16" Box
- 20 Clock Push Ups
- 20 Pull Ups

***Skill:** Snatch Lift / Burgener Warm Up (All Levels)

- See Video

***Strength:** 3 Rep Max Power Snatch-10 Minute Cap (Elite-Full, Competitors-Scale Loads, Novice-1-1-1-1-1; Form Lifts-Work on Technique)

- 3-3-3-3
 - Begin with 20# under old max. If you do not have a 3 Rep Max, begin with a weight that you can do 6-8 Reps; add weight until form breaks or you complete the component. If form breaks, complete the component at the last perfect lift.

***MetCon:** (FT) For Time

(Elite-Full, Competitors-Full scale loads, Novice-Divide Reps by 4 and scale loads to 45)

- 30 Power Snatch @ 95
- 20 Overhead Squats @ 95
- 10 Pull Ups
- Row 400
- 10 Power Snatch @ 95
- 20 OHS @ 95
- 30 Pull Ups
- Row 400
 - No Rower? Run!

Spirit

***Stamina:** 10-100 Meter Sprints with 15 Sec R&R
(Elite-Full, Competitors-7, Novice-4)

• Sprint 100, Rest and Recover for 15 Sec. Repeat for 10 Rounds.

***Endurance:** 50 GHD Sit Ups; 3-2 Minute Plank Hold (Elite-Full, Competitors-Plank Hold 3-1 Minute Rounds or 2-2 Minute, Novice-1 Round)

***Training Levels:** *Elite-Competitors-Novice I have color coded and annotated the WOD components. Always scale loads and reps to skill and strength level. Train hard with purpose and have fun. . .*