

150129 Friday "SAMSONIZED XXV"

Pro 22:5

Thorns and snares are in the way of the froward: he that doth keep his soul shall be far from them.

"SAMSONIZED XXV"

WORKOUT 14.4

SEE WOD @ <http://games.crossfit.com/workouts/the-open/2014>

Masters Men up to 54 years old

Complete as many rounds and repetitions as possible in 14 minutes of:

60-calorie row

50 toes-to-bars

40 wall-ball shots, 20 lb. to 10-foot target

30 cleans, 135 lb.

20 muscle-ups

Masters Women up to 54 years old

Complete as many rounds and repetitions as possible in 14 minutes of:

60-calorie row

50 toes-to-bars

40 wall-ball shots, 14 lb. to 9-foot target

30 cleans, 95 lb.

20 muscle-ups

Substitutions:

Rower: Sumo Deadlift High Pulls (SDLHP)

@ 45 pounds for men and 30 pounds for women.

Bar moves from mid shin to under your chin--"shin to chin."

2K row = 200 SDLHP, 1K row = 100 SDLHP, 500
meter row = 50 SDLHP

Muscle Ups: 4 Pull Ups and 4 Dips=1 Muscle Up

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