

130303 SUNDAY (2) SPLIT JERK

"As a ring of gold in a swine's snout, So is a lovely woman who lacks discretion."

NKJV

Proverbs 11:22

" I S A I A H "

***Base:** ROM / 5 Rounds of "Daisy's" (10 Minute Cap)
(Elite Full, Competitor Full, Novice 3 Rounds)

***Skill:** Split Jerk PVC (5 Minute Cap)

See Video

***Strength:** 8 Rounds of Split Jerk; Find 3 Rep Max (10 Minute Cap)
(Elite-Full, Competitor-Scale Loads, Novice;
Work Skill and Technique @ Olympic Bar-45 / 65)

10-8-3-3-3-3-3 (18)

Skill / Strength

Work the 3 Reps with control and perfect form.

Review additional video "Split Jerk" for insight if you are new to the lift.

Take care to 'Rack' (position at the shoulder) before the Press.

Quick Dip and explode the weight, chest and arms forward.

***MetCon:** 5 Rounds for time of- 20 Minute Cap

9-15-21-15-9 (69)

Thrusters @ 95 / 65

Pull Ups

(Elite Full; Competitors 3 Rounds of 21-15-9; Novice 3 Rounds of 9-9-9)

***Stamina / Endurance:** 5K Run @ 2/1 Ratio Sprint-to-Jog or see *Endurance for an alternative 24 Minute Cap

Run / Row a 5K (3 Miles) @ a 2/1 Pace

Race Pace for 2 Minutes followed by a 1 Minute Jog Pace

Repeat the protocol for the duration of the component-5K

(Elite Full; Competitors Full; Novice 1600 Meters (1 Mile) walk the R&R 1 Minute phase if necessary.)

***Endurance:** Follow the **Stamina** Protocol or
Bear Crawl 100- 100 Sit Ups
Bear Crawl 100- 100 Push Ups
(Elite Full; Competitors Full; Novice Divide by 2 for each phase.)

***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. . .



"Me? I like Squats. I ain't much for upper body stuff."

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