

# 150403 Friday "SAMSONIZED"

Pro 24:6

For by wise counsel thou shalt make thy war: and in multitude of counsellors there is safety.

## "15-5 Open Base"

See @ <http://games.crossfit.com/workouts/the-open/2015>

27-21-15-9 reps for time of:

Row (calories)

Thrusters

Men use 95 lb.

Women use 65 lb.

### Variations

Rx'd

(Rx'd Men, Masters Men 40-44, Masters Men 45-49, Masters Men 50-54, Rx'd Women, Masters Women 40-44, Masters Women 45-49, Masters Women 50-54)

27-21-15-9 reps for time of:

Row (calories)

Thrusters

Men use 95 lb.

Women use 65 lb.

## **Scaled**

(Scaled Men, Scaled Masters Men 40-44, Scaled Masters Men 45-49, Scaled Masters Men 50-54, Scaled Women, Scaled Masters Women 40-44, Scaled Masters Women 45-49, Scaled Masters Women 50-54)

27-21-15-9 reps for time of:

Row (calories)

Masters 55+

(Masters Men 55-59, Masters Men 60+, Masters Women 55-59, Masters Women 60+)

27-21-15-9 reps for time of:

Row (calories)

Thrusters

Men use 65 lb.

Women use 45 lb.

## **Scaled Masters 55+**

(Scaled Masters Men 55-59, Scaled Masters Men 60+, Scaled Masters Women 55-59, Scaled Masters Women 60+)

27-21-15-9 reps for time of:

Row (calories)

Thrusters

Men use 45 lb.

Women use 35 lb.

## **Teens**

(Teen Boys 14-15, Teen Boys 16-17, Teen Girls 14-15, Teen Girls 16-17)

27-21-15-9 reps for time of:

Row (calories)

Thrusters

Boys use 65 lb.  
Girls use 45 lb. Thrusters  
Men use 65 lb.  
Women use 45 lb. Scaled Teens  
(Scaled Teen Boys 14-15, Scaled Teen Boys 16-17,  
Scaled Teen Girls 14-15, Scaled Teen Girls 16-17 )  
27-21-15-9 reps for time of:  
Row (calories)  
Thrusters  
Boys use 45 lb.  
Girls use 35 lb.

**Track your score for the next time we do the  
WOD.**

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