

SUNDAY 130224 (3) "SAMSON 500"

"He that handleth a matter wisely shall find good: and whoso trusteth in the LORD, happy [is] he."
KJV

[Proverbs 16:20](#)

Base: ROM/4 Rounds of Barbell Complex

Skill: In Base

Strength: In MetCon

MetCon: "Samson 500" 2 Rounds of 25 Each of (400)

Samson Push Ups
Hang Clean Jerk @ 135/115/95
Wide Grip Pull Ups
Box Jumps @ 24"/20" Box
Ring Dips
Kettlebell Swings @ 2.0/1.5/1.0 Pood
Snatch Grip Bent Row @ 135/115/95
Split Jumps

1 Round of 25 of (100)
4 Count Flutter Kick
Weighted Sit Ups
Toes-To-Bar
4 Count Mountain Climber

Stamina: In MetCon

Endurance: In MetCon

COVICE

Base: Rx 1 Round
Skill: Rx
Strength: Rx
MetCon: Rx @ 10 Reps for each component
Stamina: Rx
Endurance: Rx

COMPETITOR

Base / Skill as Rx'd
MetCon: Rx @ 15 Reps
Stamina: Rx
Endurance: Rx

ELITE

Rx

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