



"The memory of the righteous [is] blessed, But the name of the wicked will rot."

NKJV

Proverbs 10:7

"Deliverance"

***Base:** ROM 3 Rounds of-10 Minute Cap (All Levels)

- 10 Burpee Broad Jump
- 15 MedBall Shots 10' Target 25# / 16 # ball
- 20 OH Walking Lunges @ 45#
 - 10 Each Leg

***Skill:** Back Squat-5 Minute Cap (All Levels)

- See [Video](#)

***Strength:** 1 Rep Max Back Squat-10 Minute Cap (Elite-Full, Competitors-Scale Loads, Novice-3-3-3 1/2 Body Weight; Form Lifts)

- 3-3-2-1-1-1
 - Begin with BW; add weight until form breaks or you complete the component. If form breaks, complete the component at the last perfect lift.

***MetCon:** 5 Rounds NFT of-15 Minute Cap

(Elite-Full, Competitors-3 Rounds, Novice-3 Rounds Scale all loads by 1/2; divide reps by 3)

- 15 BS @ 60% 1 RM
- 20 Ring Push Ups
- 25 KBS @ 1.5 Pood

***Stamina:** 3 Tabata Rounds with 60 seconds R&R of

(Elite-Full, Competitors-Scale Tabata @ 2 Minute Rounds with 120 sec recovery, Novice-1 Round of 10 Each)

- Sit Ups
- Pull Ups
- 8 Count Body Builders

Sorfit

ELITE FITNESS: SPIRIT-MIND-BODY

***Endurance:** Run / Row 1600 Moderate Pace
(Elite-Full, Competitors-800, Novice-Optional 400)

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

