

**Friday 120224**

*"There is [one] who scatters, yet increases more; And there is [one] who withholds more than is right,  
But it [leads] to poverty."*

*NKJV*

*Proverbs 11:24*

## "JEREMIAH"

**\*Base:** ROM / 25 Each of -10 Minute Cap

- Samson Push Ups
- Weighted Sit Ups
- MedBall Toss @ 10' target 25 / 16

(Elite Full, Competitor Full, Novice 15 Reps)

**\*Skill:** One Arm Push Up-5 Minute Cap

**\*Strength:** 5 Rounds of 3; Find 3 Rep Bench Press Max-10 Minute Cap

(Elite-Full, Competitor-Scale Loads, Novice; Scale Loads-**Be sure to have a spotter!**)

- 3-3-3-3-3 (15)
  - Skill / Strength
    - Work the 3 Reps with control and perfect form.
    - See Video

**\*MetCon:** 10 Rounds for time of- 30 Minute Cap

- 10-9-8-7-6. . . 1
  - Incline Bench Press @ 70% 3 Rep Max
  - Toes-To-Bar
- 1-2-3-4-5. . . 10
  - Plank Pull Ups or Snatch Grip Bent Row
    - Snatch Grip Bent Row: From a Deadlift position, hands @ Snatch Grip, Deadlift to just above the knees (2nd Pull Snatch Position) remain bent at the waist and pull the bar to the abdomen and lower to the hang-1 Rep
  - 1 Arm Snatch @ 40 / 20

(Elite Full; Competitors 6 Rounds of 10-5; Novice 4 Rounds of 8-5)

**\*Stamina:** 50 Kettlebell Swings @ 2 / 1.5 Pood 5 Minute Cap

(Elite Full; Competitors Full; Novice 25 @ 1 Pood)

**\*Endurance:** AbCore 250

- 100 Sit Ups
- 100 4 Count Flutter Kicks
- 50 Side Ups: 25 Each Side

(Elite Full; Competitors Full; Novice Divide by 2 for each phase.)

*leave a comment. . .*

**\*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. . .



*The Marvelous Creation*