

150514 Thursday Snatch

Pro 25:6

Put not forth thyself in the presence of the king, and stand not in the place of great men:

Base: ROM 3 Rounds of
"Barbell Complex"

6 Each: Dead Lift; High Pull; High Hang Clean; Front Squat; Push Press; Back Squat
(12)

Skill: High Hang Squat Clean @ 45-95 Olympic Bar
(5)

Power: 5 Rounds of 5 Snatch/Power Snatch
Load @ 75-85% 1 RMS
(14)

MetCon: "Jake" For Time
30 Split Jerk @ 70% 1 RepMax
(8)

Stamina: 30 Hanging Knee Lifts @ 25 MedBall held between the knees.

Endurance: Jog 5k

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