

# 180716 Day One: Snatch Lift

Psa 119:59-60

I thought on my ways, and turned my feet unto thy testimonies. I made haste, and delayed not to keep thy commandments.

*The Psalmist sees himself in light of YHVH and quickly turns from his view of life to that of the Lord's view.*

**Base:** ROM @ 1 Round of DB Snatch Complex @ 35-55

7 Each: Finish one side before progressing to the other- 'Unbroken'\*

DEAD LIFT, BENT ROW, HIGH PULL, HIGH HANG SNATCH, OVERHEAD SQUAT

\*The Complex is to be completed w/o breaks. Rest at the end of the round and not during the protocols. Keep the loads @ Base loads

(12)

**Skill:** High Hang Squat Snatch @ Olympic Bar

Work Speed and Pulling the body under the bar see @

<https://youtu.be/oTISsPZaewg>

(5)

**Power/Strength:** 6 Rounds of Snatch Lift

3-3-3-3-3-3

<https://youtu.be/9xQp2sldyts>

Scale to Skill and Strength

(18)

**MetCon/Stamina/Endurance:** 3 Rounds of 21-15-9 For Time

"Janet"

Ring Dips

50 Double Under's

Behind the neck Pull Ups

50 Double Under's

Toes-2-Bar

50 Double Under's

Complete the components in the Rx as rapidly as possible: DU's between each component.

(18)

**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*