

181015 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 @ 2 Rounds of
'DB Snatch Complex'

7 Each of the following completing one side before continuing to the other:
Dead Lift; Bent Row; High Pull; Push Press; High Hang Snatch; Overhead Squat
(12)

Skill: In Base

Maintain Skill Loads for Speed and Flexibility
(5)

Power/Strength: 7 Rounds of Snatch Lift

3-3-3-3-3-3-3

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

Take your time between reps to reset and prep for the next lift. Be sure you are warmed up and prepared for Max Efforts. Scale 5's as moderate loads for skill and speed.

(18)

MetCon/Stamina/Endurance: 3 Rounds OTM

"On the Minute"*

All Rounds: Burpee Box Jump to the side alternating sides

Round One: 15 Pull Ups, 15 Toes to Bar

Two: 10 Pull Ups, 10 Toes to Bar

Round Three: 5 Pull Ups, 5 Toes to Bar

*Work each round of box jumps for 1 minute. Move on to the R_x for each round of Pull Ups and Toes to Bar

As always scale to skill and strength

(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