

181210 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 3 Rounds of

10 High Hang Squat Snatch

15 Burpee Side Jump*

10 Reverse Grip Chin Ups-Thumbs Out

*Perform a Burpee w/o Push Up then Jump as far as possible to the side. Alternate sides each rep
(12)

Skill: In Base

(5)

Strength: Snatch Lift*

3-3-3-3 High Hang Then 3-3-3-3 Full ROM

*Scale the Loads to accommodate perfect form.

(18)

MetCon: 2 Rounds of :40/:20*

KBS @ 35-55's**

Double Under Jump Rope

ManMakers

Toes-2-Bar

*:40 all out effort max reps followed by :20 rest and recovery

**Scale the Kettlebells to skill and strength

Stamina: "Abs"

ON-THE-MINUTE for 6 minutes: Do any abdominal exercise of your choice for a minute. Move on to another when the cap is completed. Rest as needed within the minute.

Any Abdominal movement of choice

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