

# 150618 Thursday Squat Clean

Pro 26:6

He that sendeth a message by the hand of a fool cutteth off the feet, and drinketh damage.

*Only a fool would send a message with a fool. The result is only damage.*

**Base:** ROM 3 Rounds of  
"Bear Complex"

7 Sets of the following sequence equal one round: Power Clean, Front Squat, Push Press, Back Squat, Push Press.

**Scale Loads to skill and strength.**

(12)

**Skill:** High Hang Snatch

(5)

**Power:** 5 Rounds of 5 Squat Cleans  
Power Clean or Squat Clean

5-5-5-5-5

Begin with 70-75% of your 1 RMPC and continue to add weight until form breaks or you complete the component. Stay within a 4-6 rep ratio. Maintain proper form. Scale to skill and strength.

(15)

**MetCon:**

30 Push Jerk @ 135

**Stamina:** 6 x 100 Sprints

**Endurance:** 100 Sit Ups; 100 4 Count MC

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