

180625 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 Snatch Complex @
5 Each 'Unbroken'*

SNATCH GRIP: 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: Sott's Press

(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

"Caleb"

Snatch Balance

10 Jump-Knee Tuck Burpee's w/Push Ups

Ring or Bar Dips

10 Jump-Knee Tuck Burpee's w/Push Ups

Toes-2-Bar

10 Jump-Knee Tuck Burpee's w/Push Ups

Complete the components in the Rx as rapidly as possible:

Complete 10 Jump-Knee Tuck Burpee's w/Push Ups 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