

180614 Day Four: Power Clean

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 Single Leg Burpee Push Ups w/DB's**

15 Knees-2-Elbows

*Scale to Skill and Strength

**With a DB in each hand perform a Single Leg Burpee Push Up with a 'Renegade Row'. Alternate legs and Renegade Row with each rep.

(12)

Skill: In Base

(5)

Strength/Power:

8 Rounds of Power Clean and Jerk

5-5-3-3-3-3-1-1

R_x @ 5's @ 2nd Pull above the knees and 3's-1's from the floor.

Remember to follow the "Stretching" Link below for Post WOD Stretching!

https://youtu.be/aEX_JOB47R4

(18)

MetCon / Stamina / Endurance: 2 Rounds For Time of

10 DB Thrusters*

5 Dead Hang Pull Ups

100 Jumps @ Jump Rope

*Scale to Skill and Strength. NOTE THE CAP TIME 8 Minutes

(8)

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