

150409 Thursday Power Clean

Pro 24:10

If thou faint in the day of adversity, thy strength is small.

Base: ROM 3 Rounds of "Samson Complex"
Snatch Grip: 7 Each of: Dead Lift, High Pull, High Hang
Snatch , Overhead Squat; Push Press or "Sott's Press"
(15)

Skill: 30 Squat Clean @ PVC-95#
Work on technique and speed of turnover to full squat
rack.
(5)

Power: 10 Rounds of 1 Power Clean/Squat Clean
1-1-1-1-1-1-1-1-1-1
Load @ 90-95% 1 RMPC Find your new 1 RMPC
(15)

MetCon: "Push"
For Time
30 Split Jerks @ 95-135 Scale

Stamina: 1000 Jump Rope @ Choice

Endurance: In MetCon

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