

# 181228 Day Five: 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. 80501 Day*

**Base:** ROM 3 Rounds of

10 Overhead Squats

10 Burpee Pull Ups

(12)

**Skill:** High Hang Squat Clean

(5)

**Strength:** 6 Rounds of Clean & Jerk

3-3-3-3-3-3

Increase loads for end WOD 3 RM

**MetCon:** 5 Rounds of for time

3 Dead Lift: Work heavy\*

5 Box Jumps @ 24-36" Box (If your hamstrings are tight skip this component)

5 Handstand Push Ups

\*Scale for heavy loads +/- This is your gluteal and hamstring development that supplements your squat routine. Sheer strength.

(10)

**Endurance/Stamina:** "Abs" @ Tabata

3 Rounds of Tabata Abs

Sit Ups-4 Count Flutter Kick-CrossOver Crunch

(15)

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*