

THURSDAY 130206 (1) SNATCH/SNATCH BALANCE

“[It is] an abomination to kings to commit wickedness: for the throne is established by righteousness.”

KJV

[Proverbs 16:12](#)

Base: ROM/ 4 Rounds of Barbell Complex

Skill: Hang Muscle Snatch
See Video

Strength: 5 Rounds of 5 Muscle Snatch 5-5-5-5-5 (25)
Work skill and strength.

Keep the loads heavy enough to work hard adding weight to each round.
Maintain form at all costs: Work on the technique of the lift.

See **Snatch Basics & Burgener Warm Up**

MetCon: “Patriot” 5 Rounds for time of 9-15-21-15-9 (69)
Snatch Balance @ 40/25/15 (Each Arm)
Wide Grip Bent Row @ 135/115/75
Overhead Squat @ Olympic Bar

Stamina: On-The-Minute for 10 Minutes
5 MedBall Clean and Press
Sprint 20 out and Back

Set a cone or marker 20 Meters from your MedBall. Perform 5 MedBall Clean and Throws, Sprint out 20 to the cone and back. R&R remainder of the minute.

Endurance: AbCore 300
100 4 Count Flutter Kick
100 Sit Ups
50 Reverse Crunch
25 Side Ups (Each Side)

COVICE

Base: 2 Rounds working on skill and strength. Scale Loads

Skill: Rx

Strength: 3 Rounds of 5

Work on Skill and Form: Weight will come as Skill improves
See [Video](#).

MetCon: 3 Rounds of 9-15-9

Stamina: OTM for 5 Minutes

Endurance: Rx @ 50%

COMPETITOR

Base / Skill as Rx'd

MetCon: 3 Rounds of 21-15-9

Stamina: Rx

Endurance: Rx

ELITE

Rx

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