

150319 Thursday Snatch Lift

Pro 23:26

My son, give me thine heart, and let thine eyes observe my ways.

Base: ROM 3 Rounds of "Samson Complex"
6 Each @ Snatch Grip

Dead Lift, High Pull, High Hang Power Snatch, Overhead Squat; 'Sott's' Press
(12)

Skill: 30 Squat Clean 75-95
Elite: @ 95
(5)

Strength: 5 Rounds of 5 Power Snatch
Load @ 85% 1 RMSL
(12)

MetCon: "Brand X"
30 DB Squat Clean and Push Jerk @ 25-75
DB pairs: i.e. DB in each hand. Perform a squat clean from the high hang position. Stand and jerk to full extension.
(8)

Stamina: 750 Jump Rope @ Choice

Endurance: Prepare for "CrossFit Open 15.2"

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