

180409 Day One: Snatch Lift

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 21-15-9

Sandbag Overhead Squat

Double Under Jump Rope

Toes-2-Bar

(12)

Skill: High Hang Snatch

Skill Loads

Work on the Jump-Shrug-Rack

See this very good 3 Minute Video for 2nd Pull Protocols

<https://youtu.be/OeK5hYyhe-w>

(5)

Power/Strength: 6 Rounds of Snatch Lift

5-5-5-3-3-3

<https://youtu.be/9xQp2sldyts>

Take your time between reps to reset and prep for the next lift. Be sure you are warmed up and prepared for Max Efforts. High Volume rounds use easily manageable loads. Add weight in 3's.

(18)

MetCon/Stamina/Endurance: 15 Minute AMRAP of

5 Wide Grip Pull Ups

10 Ring Push Ups

15 (each leg) Walking Lunges

(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