

180802 Day Four: 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.

Base: ROM @ 3 Rounds of DB Clean Complex

5 Each completing left or right side before continuing to the other of
High Pull; High Hang Clean; High Hang Clean and Jerk
Scale Loads for Base-This is NOT a MetCon

(12)

Skill: In Base

(5)

Strength/Power:

8 Rounds of Power Clean and Jerk

5-5-3-3-3-3-3-3

R_x 5's @ 2nd Pull above the knees and 3's from the floor

Remember to follow the "Stretching" [Link below for Post WOD Stretching!](https://youtu.be/aEX_JOB47R4)

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(18)

MetCon / Stamina / Endurance: One Round for Time of

"Pop's Stuff"

30 Handstand Push Ups

Abs X 200*

500 Jump Rope

*Use any abdominal group you like:

Sit Ups; Leg Lifts; Crossover's; KTE's; TTB's; GHD's; 'V' Sits; Atomic's; Crunches;

Reverse Crunches; Ring Roll Outs; etc.

(12)

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