

181029 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

Barbell Snatch Complex

6 Reps Each of Snatch Grip:

Dead Lift; High Hang Pull; High Hang Snatch; Overhead Squat

75-95-115

(12)

Skill: Snatch Balance

<https://youtu.be/XuFaDIsAVGI>

(5)

Power/Strength: 8 Rounds of Snatch Lift

3-3-3-3-3-3-3-3

Increase loads until FORM BREAKS then work with PERFECT, SAFE, Loads.

Work on receiving the bar in a full Squat

See video link below for Snatch Lift

<https://youtu.be/7rZV5P3cAa4>

Remember to follow the “Stretching “Link below for Post WOD Stretching!

https://youtu.be/aEX_JOB47R4

(18)

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

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MetCon: 3 Rounds for time of

DB Complex*

10 Pull Up-TTB**

(Perform a Pull Up and TTB=1 Rep)

* Dead Lift; Hang Clean; Push Press; Front Squat

**PLU-TTB should follow each round of DBC

(12)

Stamina:

100 Double Under Jump Rope

10 PU's Penalty for each Rest Period

Recover under stress with PU's

Endurance: Run/Walk 1.5 Miles

Walk with Pack, Run-No Loads

(Run @ 12/Walk @ 15)

Stretch: Post WOD Stretching

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