

151022 Thursday Olympic Lift

Pro 28:21

To show partiality is not good, Because for a piece of bread a man will transgress.

It doesn't take much for a man to turn from good to evil, even for something that seems worth little at the time.

Base: ROM 3 Rounds "Daisy Complex"

6 Burpee's, 6 Pull Ups, 6 Toes to Bar, 6 Plyometric (Clapping)

Push Ups, 6 Kettlebell Swings @ 1.5 Pood

No rest between components

60 Seconds between Rounds

(14)

Skill: High Hang Squat Snatch @ Olympic Empty Bar

Work on Dropping under the bar to a full squat.

Check Grip, Bar Position, Elbows forward, Hips forward, Spine tight.

See @

<https://youtu.be/WOonpO98TdQ>

(5)

Power: 10 Rounds of Snatch Lift

1-1-1-1-1-1-1-1-1-1

Rookies work High Hang Snatch

Elite: Squat Snatch from the floor

Scale Loads for Skill and Strength.

Add weight each round but DO NOT sacrifice Loads for technique.

Keep the loads at perfect skill Rx weights.

Keep FORM and SAFETY in the forefront of your Rx

Take ample recovery time between rounds for skill, speed, and technique

(20)

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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Chose ONE of the following to complete the Rx

MetCon: Dumbbell Shoulder Press

2 Rounds

8 @ 60%

Failure @ 70%

Eccentric (Lowering the Load) @ 4 count; Isometric (Static Hold) 2 count just below full extension; Concentric (Lifting the Load) @ 4 Count; No Lockout at the top of the lift and no pause. Move immediately into the next rep.

Focus on smooth movements maintaining breathing at all times. Work is intended to elicit muscle failure.

Use 60-70% 1 Rep Max Loads
(10)

Stamina: "100's"

Sprint @ 10 x 100 Meters

Rest as needed to perform

10 'ALL OUT' 100 Meter Sprints

Endurance: AbCore 150

Chose the component and alternate for 150 reps of Abdominal work

(10)

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