

# 180913 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:** Run, Row, Jump Rope  
(15)

**Skill:** High Hang Squat Clean\*

\*Scale for Skill Development working on High Pull and Pulling under the bar  
(5)

**Strength/Power:**

6 Rounds of Power Clean

3-3-3-3-3-3

R<sub>x</sub> @ Heavy training loads maintaining proper form at all times.  
See this excellent training video from Catalyst Athletics

**<https://youtu.be/blYoqAhpVZI>**

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

[https://youtu.be/aEX\\_JOB47R4](https://youtu.be/aEX_JOB47R4)

(18)

**MetCon / Stamina / Endurance:** 1 Round For Time of

“מזלג”

(Fork)

30 Push Press @ 95-155\*

20 Handstand Push Ups

20 Knees-2-Elbows

30 GHD Sit Ups

\*Scale to skill and strength: this will be VERY intense

\*\*Touch DB's to the floor, squat clean to shoulders, thruster to standing position

(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*