

180705 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*

10 Single Leg Burpee Push Ups w/DB's**

25 Sit Ups

*Scale to Skill and Strength

**With a DB in each hand perform a Single Leg Burpee Push Up with a 'Renegade Row'. Alternate legs and Renegade Row with each rep.

(12)

Skill: In Base

(5)

Strength/Power:

8 Rounds of Power Clean

5-5-3-3-3-3-1-1

R_x @ 5's @ 2nd Pull above the knees and 3's-1's from the floor; 1's for end WOD Max.

Remember to follow the "Stretching" [Link below for Post WOD Stretching!](#)

https://youtu.be/aEX_JOB47R4

(18)

MetCon / Stamina / Endurance: 21-15-9 Rounds for Time of

"Fran"**

Barbell Thrusters @ 75-95*

Pull Ups

*Scale to Skill and Strength.

**CrossFit "Girls" MetCon See @ CrossFit.com

(8)

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