

180430 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 15

Alternating Hand KBS

Pull Ups-Wide Grip

Toes-2-Bar

(12)

Skill: Snatch Balance

<https://youtu.be/XuFaDisAVGI>

(5)

Power/Strength: 6 Rounds of Snatch Lift

3-3-3-3-3-3

<https://youtu.be/9xQp2sldyts>

Take your time between reps to reset and prep for the next lift. Be sure you are warmed up and prepared for Max Efforts. High Volume rounds use easily manageable loads.

Add weight in 3's.

(18)

MetCon/Stamina/Endurance: 15 Minute AMRAP

“Yehacov”

Run 200

5 Wide Grip ‘Dead Hang’ Pull Ups

5 Box Jumps @ 24” Box

5 Handstand Push Ups

5 Toes-2-Bar

(15)

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