

150402 Thursday Snatch

Pro 24:8

He that deviseth to do evil shall be called a mischievous person.

Base: ROM 3 Rounds of "Dumbbell Complex"
6 Each Hand of: Dead Lift, High Pull, High Hang Power Clean, Front Squat; Push Press, OH Squat
(15)

Skill: 30 High Hang Squat Snatch @ 45
Work on technique and speed of turnover
(5)

Strength: 8 Rounds of 3 Power/Squat Snatch
Load @ 85% 1 RMSL
(12)

MetCon: "Push"
For Time
30 Push Jerks @ 95-185 Scale

Stamina: 1000 Jump Rope @ Choice

Endurance: In MetCon

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