

150312 Thursday Power Clean/Jerk

Pro 23:19-21

Hear thou, my son, and be wise, and guide thine heart in the way. Be not among winebibbers; among riotous eaters of flesh: For the drunkard and the glutton shall come to poverty: and drowsiness shall clothe a man with rags.

Base: ROM 3 Rounds of "Dumbbell Complex"
6 Each in a hang position of
Dead Lift, High Pull, Power Clean; Power Snatch, Overhead
Squat
(12)

Skill: 30 High Hang Squat Snatch
Elite: @ 95
(5)

Strength: 5 Rounds of 5 Power Clean
Load @ 85% 1 RMPC
(12)

MetCon: "Jill"
30 Push Jerk @ 135
30 Pull Ups
(8)

Stamina: 500 Jump Rope @ Choice

Endurance: Prepare for "CrossFit Open 15.2"

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