

180906 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 @ 1000 Jump Rope

10 Rounds of 100 Each

Or Run 1600

See JR variations @ <https://youtu.be/rSYkJIOnT78>

Skill: High Hang Squat Clean @ Oly Bar*

*Empty Olympic Bar-Emphasis on Skill 2nd and 3rd Pulls

Avoid the crash between the bar and shoulders.

See @ <https://youtu.be/blYoqAhpVZI>

(5)

Strength/Power:

5 Rounds of Power Clean

5-5-5-5-5

R_x @ Heavy training loads maintaining proper form at all times. Work on Transition Skills avoiding bar 'Crash' with the shoulders. Pull Under the bar as it reaches its maximum height.

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

https://youtu.be/aEX_JOB47R4

(18)

MetCon / Stamina / Endurance: 5 Rounds For Time of

"DITX"

(Red)

5 Push Press @ 135-155*

5 Wide Grip Dead Hang Pull Ups

10 Toes-2-Bar

Side Plank Holds @ 1 Minute Each Side

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

(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