

# 180129 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 YHWH and quickly turns from his view of life to that of the Lord's view.*

**Base:** ROM @ 50 EACH

Alternating Arm Kettlebell Swing @ 1-2 Pood (25 Rt/Lt)

Ring/Regular Push Ups

Sit Ups

*\*(Scale loads for Range of Motion and Warm Up-DO NOT make this a MetCon)*

(12)

**Skill:** Overhead Squat @ Sandbag or MedBall

This modality will force balance and shoulder/achilles flexibility.

**Use light loads and make it SKILL!**

<https://youtu.be/5nW-9CxaFGE>

(5)

**Power/Strength and Speed:** 6 Rounds of

High Hang Snatch @ Moderate Loads 5-5-5

Snatch Lift @ 3-3-3

Increase loads but be careful of FORM BREAKS. Work with PERFECT, SAFE Loads.

Work on finding a new 1 RMS

See video link below for Snatch Lift

<https://youtu.be/7rZV5P3cAa4>

(18)

**MetCon / Stamina / Endurance**

Complete as many rounds as possible\* in 20 minutes of:

10 Chest-2-Bar Pull Ups

15 Push-Ups

20 'Pistol' Squats, alternating legs

\*After every 3 rounds, run 400 meters

(20)

See @ <https://crossfit.com/workout/>

**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*