

## 180531 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 @ 3 Rounds of  
10 DB "Thrusters" @ 25-50\*  
15 Reverse Crunches  
\*Scale to Skill and Strength  
(12)

**Skill:** Split Jerk

Alternate Forward foot maintaining balance between the front and back foot. A common error is putting too much weight on the front leg.

(5)

**Strength/Power:**

6 Rounds of Power Clean

5-5-3-3-3-3

R<sub>x</sub> @ perform 5's @ 2nd Pull above the knees and 3's from the floor.

Remember to follow the "Stretching" [Link below for Post WOD Stretching!](https://youtu.be/aEX_JOB47R4)

[https://youtu.be/aEX\\_JOB47R4](https://youtu.be/aEX_JOB47R4)

(18)

**MetCon / Stamina / Endurance:** 3 Rounds For Time

"COS Football"\*

10 Push Press or Push Jerk @ 135-155

15 Toes-2-Bar

15 GHD or weighted Sit Ups @ 45-75

\*Scale to Skill and Strength

(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*