

## 180322 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

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

**Skill:** Split Jerk Technique WOD @ 55-135\*

Alternate Left and Right Leg Forward

\*Scale for Skill Development

(5)

**Strength/Power:**

5 Rounds of Power Clean and Jerk

5-5-5-3-3

R<sub>x</sub> @ Heavy training loads maintaining proper form at all times.

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

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

(18)

**MetCon / Stamina / Endurance:** 5 Rounds For Time of

"Pop"

10 Handstand Push Ups

10 Pull Ups

10 Knees-2-Elbows

10 Ring Dips

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

\*\*Touch DB's to the floor, squat clean to shoulders, thruster to standing position

(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*