

# 151201 Tuesday Olympic Lift

Pro 29:19

A servant will not be corrected by mere words; For though he understands, he will not respond.

*Discipline requires, as all things in life, an appropriate action following its completion or its neglect.*

**Base:** ROM 3 Round of  
21-15-9  
Kettlebell/Dumbbell Thrusters @ 20-50  
(12)

**Skill:**  
High Hang Squat Snatch Lift  
See @ <https://youtu.be/bpHJCLcoth4?t=38s>  
This is a must-see video with coach Mike Burgener  
(5)

**Strength:** 8 Rounds of Power or Squat Snatch

8 @ 50%
6 @ 55%
5 @ 60%
4 @ 70%
3 @ 80%
2 @ 85%
2 @ 90%

## **SCALE TO SKILL AND STRENGTH**

Do Not sacrifice Skill for Load

Work Power Snatch if you are learning the snatch lift skills.

See @ <https://youtu.be/L6SjuAOjMEk> and See  
"Video Training" this site:

<http://www.thesamsonoption.com/video-training.html>

(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

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Please Pay Close attention to the Cap Times (?) located below each of the Components  
(Located Here below each Component)

**Chose ONE of the following to complete the Rx**

**MetCon:** Run or Row 1600  
4 Rounds of  
400 Meter Run or Row  
Between each 400  
10 Kettlebell Swings @ 1.5 Pood  
(15)

**Stamina:**  
5K  
(Moderate Pace)

**Endurance:**  
1600 Meter Run, 3200 Meter Row, or 500 Meter Swim,  
or 1000 Meter Swim with fins  
(10)

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