

180502 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 @ 2 Rounds of

Dumbbell Complex @ Lite/Moderate Loads

6 Each completing each side w/ONE DB before progressing to the next. Dead Lift; Bent Row; High Pull; Hang Clean; Push Press; Front Squat*

*To be done unbroken: without stopping until all components are complete.

(12)

Skill: 2nd Pull Power Clean*

<https://youtu.be/Bc-0lFVIKWQ?t=53s>

*Repeat from last week: This transition is the place where POWER and SPEED combine to create EXPLOSION and heavier loads.

Scale to Skill and Strength working on ROM and Flexibility-Keep it Lite!

(5)

Strength/Power:

6 Rounds of Power Clean

3-3-1-1-1-1

R_x @ Heavy training loads find new 1 RM PC.

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

https://youtu.be/aEX_JOB47R4

(18)

MetCon / Stamina / Endurance: For Time

"John"

30 Push Press @ 135

25 MedBall Toss @ 10' Target

20 Handstand Push Ups

15 Toes-2-Bar

10 'V' Sit Ups

(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