

151231 Thursday Olympic Lift

Pro 30:5

Every word of God is pure; He is a shield to those who put their trust in Him.

Believe in the Word of God and He will guard your life and your heart.

Base: ROM "ManMakers"

20 ManMakers @ 35 Pounds

See @ <https://youtu.be/gczl5sINn9U>

(12)

Skill:

Snatch Balance

See @ <https://youtu.be/6Kcend-O21w>

(5)

Strength: 5 Rounds of "Warrior Complex"

See @ https://youtu.be/LqI_IsXlaqQ

Each Round consists of 5 Reps of:

Power Clean

Front Squat

Push Press

Drop Backward Lunge

High Pull to Chin

SCALE TO SKILL AND STRENGTH

(18)

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

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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Chose ONE of the following to complete the Rx

MetCon: Run or Row

3 TABATA Rounds

:20 Max Effort and :10 Rest x 8 Equals one round

1 Minute Recovery between rounds

(15)

Stamina:

5K

(Moderate Pace)

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