

150219 Thursday Power Clean/Snatch

Pro 23:4-5

Labour not to be rich: cease from thine own wisdom.
Wilt thou set thine eyes upon that which is not? For riches certainly make themselves wings; they fly away as an eagle toward heaven.

Base: ROM 3 Rounds of "Daisy Complex"
6 of Each=Burpee's; Pull Ups; Toes-To-Bar; Clapping
Push Ups; 1.5/2.0 Pood Kettlebell Swing
(8)

Skill: 30 High Hang Squat Snatch @ Olympic Bar
Elite: @ 95-135
(5)

Strength: 3 Rounds of 5 Snatch/Muscle Snatch
(12)

MetCon: "Granny"
10 Minute AMRAP @ 75-115
9 Thrusters-6 Burpee's-3 Pull Ups
(10)

Stamina: In MetCon

Endurance: 1600

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