

180709 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_x @ 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

(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