

# 180305 Day One: Snatch Lift

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 @ 1 Round of

DB Snatch Complex @ **10** Reps each

Dead Lift; Bent Row; High Pull; High Hang Snatch; Overhead Squat

Complete Rt or Lt side then progress to the other

20 GHD Sit Ups

20 Bar Dips

(12)

**Skill:** High Hang Squat Snatch

Work on foot plant with heels set at hip width: "Dip, Jump, and Catch"

**Use light loads and make it SKILL!**

<https://youtu.be/YLVYzO3P52I>

(5)

**Power/Strength and Speed:** 6 Rounds of

6 Rounds of Snatch Lift @ 3-3-3-3-3-3

Increase loads but be careful of FORM BREAKS. Work with PERFECT, SAFE Loads. Emphasize the foot 'stomp' and heel set

See video link below for Snatch Lift

<https://youtu.be/7rZV5P3cAa4>

(18)

**MetCon / Stamina / Endurance**

"Chasing Annie"

50 Double Under's-50 Sit Ups-Run 400 Meters

40 Double Under's-40 Sit Ups-Run 400 Meters

30.....

20.....

10...

DONE!

(20)

**THANKS TO CF CROSSFIT GRINDER** for the MetCon

**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*