

150507 Thursday Power Clean

Pro 25:2

It is the glory of God to conceal a thing: but the honour of kings is to search out a matter.

Base: ROM 3 Rounds of
"Samson Complex"

6 Each: **Snatch Grip**; Dead Lift; High Pull; High Hang
Squat Snatch; Overhead Squat; Sotts Press

See Sotts Press @ <https://youtu.be/nw9ko86aXLk>

(15)

Skill: High Hang Squat Clean @ 45-95 Olympic Bar

(5)

Power: 5 Rounds of 5 Power Clean

Load @ 75-85% 1 RMSC

(12)

MetCon: "Jake" For Time

30 Push Jerk @ 135

(5)

Stamina: 30 Toes-To-Bar

Endurance: Jog 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