

## 180607 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 @ 3 Rounds of\*

10 Bar Facing Burpee/Power Clean\*\*

15 Reverse Crunches

\*Scale to Skill and Strength

\*\*Place a loaded BB on the floor with a manageable load 75-135 scale. Face the bar placing the hands on the bar. Kick the feet back performing a Burpee with PU. When the feet return to the 'Dead Lift' position perform a Power Clean and Jerk. Return the bar to the floor and jump over the bar, turn and repeat for another rep. Take care as the bar will want to roll. This protocol creates a powerful core as you maintain a strong 'Plank' with the hands on the bar.

(12)

**Skill:** In Base

(5)

**Strength/Power:**

6 Rounds of Power Clean and Jerk

5-5-3-3-3-3

R<sub>x</sub> @ 5's @ 2nd Pull above the knees and 3's from the floor.

Remember to follow the "Stretching" Link below for Post WOD Stretching!

[https://youtu.be/aEX\\_JOB47R4](https://youtu.be/aEX_JOB47R4)

(18)

**MetCon / Stamina / Endurance:** For Time 50 Each

"50's"\*

Kettlebell Swings @ 1-2 Pood; Toes-2-Bar; 'Renegade Row' @ 25-50\*\*

\*Scale to Skill and Strength

\*\*Each Row counts as a rep.

(15)

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*