

130319 TUESDAY (2) POWER CLEAN 3 RM

"A scoffer does not love one who corrects him, Nor will he go to the wise."

NKJV

Proverbs 15:12

Base: ROM / 4 Rounds Daisy's (See FAQ @ Website; 10 Minute Cap)

Skill: Power Clean Basics (5 Minute Cap)

See Video: Power Clean Basics

Strength: 5 Rounds of 3 Power Cleans (15 Minute Cap)

3-3-3-3-3 (15)

Begin with 75% of last 3 RM; increase the load each round.

Keep loads heavy enough to work hard.

If/When you break form, return to the last perfect lift to complete the component. .

Maintain form and skill development at all costs.

Do Not sacrifice form for loads.

MetCon: 5 Rounds for Time 9-15-21-15-9 of: (20 Minute Cap)

Hang Clean Push Press @ 135/95/65

Barbell Bent Row-Snatch Grip or Plank Pull Ups Wide Grip

(Use the weight you Clean and (Push Pressed)

Box Jumps

Stamina: "Samson Burpee" with MedBall (See "Samson Burpee" in 'FAQ')

5 Rounds of 5 Samson Burpee's with a 200 Meter Chaser

Endurance: On-The-Minute for 10 Minutes

Sit Ups; Reverse Crunches; Side Ups; Straight Leg Cross Over; 4 Count Flutter

Kicks

COVICE

Base: 2 Rounds

Skill: 95 / 75 / Olympic Bar

See Video link

Strength: 5 Rounds; Scale Loads to Strength and Skill.

(Concentrate on form/skill)

MetCon: 3 Rounds Scale 9-15-9

Stamina: 2 Rounds

Endurance: Scale @ 50%

COMPETITOR

Base / Skill: as Rx'd

MetCon: Rx Scale Loads to Skill and Strength

Stamina: 3-5 Rx'd

Endurance: Rx

ELITE

As Rx'd

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

