

181217 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 2 Rounds of

10 High Hang Squat Snatch

15 Burpee Jump Knee Tuck

10 Reverse Grip Chin Ups-Thumbs Out

*Perform a Burpee w/o Push Up then Jump as high as possible tucking the knees before returning to the start position

(12)

Skill: In Base

(5)

Strength: Snatch Lift*

3-3-3 High Hang Then 3-3-3-3 Full ROM

*Scale the Loads to accommodate perfect form.

(18)

MetCon: 2 Rounds of :40/:20*

Handstand Push Ups**

Double Under Jump Rope

Sandbag Get Ups

Toes-2-Bar

*:40 all out effort max reps followed by :20 rest and recovery

**Scale the Kettlebells to skill and strength

(10)

Stamina: "Abs"

ON-THE-MINUTE for 6 minutes: Do any abdominal exercise of your choice for a minute. Move on to another when the cap is completed. Rest as needed within the minute.

Any Abdominal movement of choice

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