

181018 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. 80501 Day

Base: 2 Rounds of DB Complex*

6 Each of Dead Lift; Bent Row; High Pull; Front Squat; High Hang Clean; Push Press
Single DB working one side before continuing to the other

*Rounds @ scale to skill and strength

(15)

Skill: In Base

(5)

Strength/Power:

6 Rounds of Power Clean

5-4-3-3-3-3

R_x @ Heavy training loads maintaining proper form at all times.

See this excellent training video from Catalyst Athletics

<https://youtu.be/bIYoqAhpVZI>

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

https://youtu.be/aEX_JOB47R4

(18)

MetCon / Stamina / Endurance: 1 Round For Time of

"הגבר גדול"

(The Big Man)

30 Push Press @ 135*

15 Handstand Push Ups

25 Rope/Towel Pull Ups

20 10 Yard Sprint Starts

*Scale to skill and strength: this will be VERY intense

(18)

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