

190104 Day Five: 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: ROM 2 Rounds of
Barbell Complex @ 75 and 95*
*Scale to skill and strength

(12)

Skill: In Base

(5)

Strength: 7 Rounds of Power Clean
3-3-3-2-2-1-1

Increase loads for end WOD 1 RM

MetCon: 5 Rounds of for time
5 Dead Lift: Work heavy*

*Scale for heavy loads +/- This is your gluteal and hamstring development that supplements your squat routine. Sheer strength. Be careful because you are still in recovery mode from Tuesdays Squat routine.

(10)

Endurance/Stamina: "Abs" @ Tabata

3 Rounds of Tabata Abs

Sit Ups-4 Count Flutter Kick-CrossOver Crunch

(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