

151119 Thursday Olympic Lift

Pro 29:11

A fool vents all his feelings, But a wise man holds them back.

Fools dislike the thought of having to learn anything and wisdom is not exception. A fool delights only in hearing himself talk. Wise men weight what they are going to say before it comes out of their mouth.

Base: ROM 3 Round of SealFit "Curtis P"

See @ <https://youtu.be/uLff8fhPIQg>

Power Clean and then forward lunge on each leg. Add a Push Press to complete one rep.

(12)

Skill:

Overhead Squat @ PVC-75

(5)

Strength: 6 Rounds of Snatch or Power Snatch @ 1 RMS

8 @ 65%

6 @ 70%

5 @ 75%

4 @ 80%

3 @ 90%

As Many Reps as Possible with good form @ 75%

SCALE TO SKILL AND STRENGTH

Do Not sacrifice loads for skill!

(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

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Chose ONE of the following to complete the Rx

MetCon: For Time

30 Push Press or Push Jerk @ 135

Max Number of Pull Ups in 5 minutes

(15)

Stamina:

1-3 Mile Jog

(Moderate Pace)

Endurance:

400 Meter Walking Lunge

(10)

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