

# 180510 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.*

**Base:** ROM @ 3 Rounds of

Barbell Complex @ 75-95-115

6 Reps Each before progressing to the next: Dead Lift; Bent Row; High Pull; High Hang Clean; Push Press; Front Squat\*

\*To be done unbroken: without stopping until all components are complete.

(12)

**Skill:** Push Press

<https://youtu.be/X6-DMh-t4nQ>

Scale to Skill and Strength working on ROM and Flexibility-Keep it Lite!

(5)

**Strength/Power:**

7 Rounds of Power Clean and Jerk

5-5-3-3-2-1-1

R<sub>x</sub> @ Heavy training loads find new 1 RM PC&J

Remember to follow the "Stretching" [Link below for Post WOD Stretching!](#)

[https://youtu.be/aEX\\_JOB47R4](https://youtu.be/aEX_JOB47R4)

(18)

**MetCon / Stamina / Endurance:** For Time

"Luke"

30 Handstand Push Ups

30 MedBall Clean and Toss

30 GHD Sit Ups

30 Toes-2-Bar

30 'V' Sit Ups

(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*