

180212 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 YHWH and quickly turns from his view of life to that of the Lord's view.

Base: ROM @ 2 Rounds of DB Snatch Complex*

DB in each hand execute 6 each completing one side before moving on to the other
6 Dead Lift; Bent Row; High Pull; High Hang Snatch; Single arm OHS: maintain a solid grip on the DB in the non-performance hand
25 Toes-2-Bar following each DB Snatch Complex

**(Scale loads for Range of Motion and Warm Up-DO NOT make this a MetCon)*

(12)

Skill: Overhead Squat @ Sandbag or MedBall

This modality will force balance and shoulder/Achilles flexibility. Work to stay on the heels with arms locked and elbows forward

Use light loads and make it SKILL!

<https://youtu.be/5nW-9CxaFGE>

(5)

Power/Strength and Speed: 8-9 Rounds of;

Rounds 1, 2, (3) of 6 High Hang Snatch @ Light Loads

6 Rounds of Snatch Lift @ 3-3-3-3-3-3

Increase loads but be careful of FORM BREAKS. Work with PERFECT, SAFE Loads.

Emphasize the foot 'stomp' and heel set

See video link below for Snatch Lift

<https://youtu.be/7rZV5P3cAa4>

(18)

MetCon / Stamina / Endurance

"Daniel"

5 Rounds for Time of

400 meter run; 50 sit ups; 20 back extensions; 10 Dead Hang Pull Ups

(20)

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