

181129 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: ROM @ 3 Rounds of
12 MedBall Clean and Toss @ 10 Target*

25 Double Under Jump Rope

No DU's-50 Regular Jumps and work on DU's

*Squat and touch the ball to the floor, clean and explode to the 10 target. Catch the ball and lower to the start position: one rep.

(12)

Skill: Push Press @ 95*

"Load and Explode!"

*Scale to skill and strength

(5)

Power/Strength: 8 Rounds of Power Clean and Jerk

3-3-3-3-3-3-3-3

Increase loads each round for max efforts. Rookies try to work Squat Clean Protocols.

See video link below for PC&J training tips.

<https://youtu.be/Bc-0lFVIKWQ>

Take your time between reps to reset and prep for the next lift

(18)

MetCon/Stamina/Endurance: 5 Rounds For Time of

100 Meter Sprint

50 Meter 'No Load' Walking Lunges

50 Meter Farmer Carry @ 50

(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