

180208 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 YHWH and quickly turns from his view of life to that of the Lord's view.

Base: ROM @ 2 Rounds of
BB Complex @ Light to Moderate Load 6 Each
Dead Lift; Bent Row; High Pull; High Hang Clean; Push Press; Back Squat
(Use the 'Cap' [12 Minutes])

Skill: High Hang Squat Clean

<https://youtu.be/dsBJaQKpXKE>

(5)

Strength/Power:

6 Rounds of Power Clean

5-5-5-3-3-3

Begin the R_x with moderate training loads adding weight as you progress maintaining proper form at all times.

Remember to follow the "Stretching" Link below for Post WOD Stretching!

https://youtu.be/aEX_JOB47R4

(18)

MetCon / Stamina / Endurance: "Chasing Annie"

50 Double Under's; 50 Sit Ups; Run 400

40 double Under's; 40 Sit Ups; Run 400 meters

30; 20; 10-Done

See @ CrossFit Tuesday 180116

<https://youtu.be/qhD740bi3NQ>

(20-25)

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