

151215 Tuesday Olympic Lift

Pro 29:12

If a ruler pays attention to lies, All his servants become wicked.

Leaders who lie propagate servant who lie and are disloyal

Base: ROM 3 Rounds "Daisy"

See in [FAQ](#)

Skill:

High Hang Squat Clean @ 45-75

(5)

Strength: 8 Rounds of Power Snatch or Squat Snatch

8 @ 50%

6 @ 55%

5 @ 60%

4 @ 70%

3 @ 80%

2 @ 85%

2 @ 90%

SCALE TO SKILL AND STRENGTH

Do Not sacrifice Skill for Load

Work on the skill of the lift in the early rounds completing the component with heavier loads that you are able to move safely and with good form and skills

(18)

Please Pay Close attention to the Cap Times (?) located below each of the Components
(Located Here below each Component)

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: 12 Minute AMRAP

5 Push Jerk @ 95-135

10 Alternating Hand KBS @ 5 Each Hand

5 ManMakers

(12)

Stamina:

200-400-400-200

(Rest 1/2 Sprint Time between each Component)

Endurance:

50 MedBall Toss @ 10' Target @ 16-20#

(8)

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