

# 150910 Thursday Power Clean

Pro 28:10

Whoever causes the upright to go astray in an evil way, He himself will fall into his own pit; But the blameless will inherit good.

**Base:** ROM 3 Rounds of  
"Daisy"

6 Burpee's, 6 Pull Ups, 6 Toes to Bar, 6 Plyo (Clapping)  
Push Ups, 6 Kettlebell Swings @ 1.5 Pood  
(15)

**Skill:** High Hang Snatch @ PVC or Oly Bar  
See @ <https://youtu.be/XfF3oDaqAGU>  
(5)

**Power:** 8 Rounds of Power Clean

6-5-4-3-2-2-1-1

Rookies work High Hang Clean

Elite: Squat Clean

Scale Loads for Skill and Strength.

Add weight each round until you complete the component or form breaks. 8 Rounds to find a new 1 Rep Max Power Clean

(12)

**MetCon:** In Strength/Power  
(0)

**Stamina:** In MetCon  
(0)

**Endurance:** Jog 5k

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