

# 150430 Thursday Power Snatch

Pro 24:27

Prepare thy work without, and make it fit for thyself in the field;  
and afterwards build thine house.

**Base:** ROM 3 Rounds of  
"Barbell Complex"

6 Each: Dead Lift; High Pull; Power Clean; Push Press;  
Back Squat  
(15)

**Skill:** High Hang Snatch Lift @ 45-95 Olympic Bar  
(5)

**Power:** 3 Rounds of 8 Power Snatch  
Load @ 65-75% 1 RMSC  
(10)

**MetCon:** "Nancy"  
Five rounds for time of:  
Run 400 meters  
Overhead squat 95 pounds, 15 reps  
Finesse and control at high heart rate is critical.  
(18)

**Stamina:** IN MetCon

**Endurance:** In MetCon

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