

180402 Day One: Snatch Lift

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.

Base: ROM @ 2 Rounds of
DB Complex

6 Each @ Single DB: DL; Bent Row; High Pull; High Hang Snatch; OHS

Rx is to be completed "Unbroken" i.e. without stopping until complete. Scale to skill and strength.
Complete each component on one side before progressing to the other.

(12)

Skill: Overhead Squat
Skill Load

(5)

Power/Strength: 7 Rounds of Snatch Lift

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

<https://youtu.be/9xQp2sldyts>

Take your time between reps to reset and prep for the next lift. Be sure you are warmed up and prepared for Max Efforts

(18)

MetCon/Stamina/Endurance: For Time

10-9-8-7-6-5-4-3-2- and 1 Rep Rounds of:

Sandbag Get Ups @ 35-75 alternate sides-Rt then Lt for one rep each

Pull Ups

Ring Push Ups w/Feet on bench or box

(18)

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