

# 180823 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 YHVH and quickly turns from his view of life to that of the Lord's view.*

**Base:** ROM @

1 Mile Run-Moderate Pace

50 Knees=2-Elbows

(12)

**Skill:** High Hang Squat Clean @ Oly Bar

\*Scale for Skill Development

(5)

**Strength/Power:**

6 Rounds of Power Clean

3-3-3-3-3-3

R<sub>x</sub> @ Heavy training loads maintaining proper form at all times. Reset and adjust each rep @ the floor to ensure proper technique. Too much weight reduces the training effect.

Remember to follow the "Stretching" [Link below for Post WOD Stretching!](#)

[https://youtu.be/aEX\\_JOB47R4](https://youtu.be/aEX_JOB47R4)

(18)

**MetCon / Stamina / Endurance:** 3 Rounds For Time of

"Sam's Son"

8 Push Press @ Max Loads\*

10 Wide Grip Bent Row\*

12 Toes-2-Bar

\*Scale to skill and strength.

(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*