

180118 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 YHWH and quickly turns from his view of life to that of the Lord's view.

Base:

ROM @ 3 Rounds of DB Complex @ Light to Moderate Load

DB in each hand @ 6 Each

Dead Lift; Bent Row; High Pull; High Hang Clean; Push Press; Front Squat

(12 Use the 'Cap' [12 Minutes])

Skill: Hanging 'L' Hold

<https://youtu.be/4liOHKuXCHK>

(5)

Strength/Power:

8 Rounds of: Power Clean and Jerk

3-3-1-1-1-1

Begin the R_x with moderate training loads adding weight as you progress maintaining proper form at all times. Find a new SAFE 1 RMPC-J

Remember to follow the "Stretching" Link below for Post WOD Stretching!

https://youtu.be/aEX_JOB47R4

(15)

MetCon: For Time

100 Sit Ups

30 Handstand Push Ups

100 @ 4 Count Flutter Kick

(15)

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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Stamina:

(“The ability to sustain prolonged physical or mental effort”)

For Time

5 K Run

(25)

Endurance:

(Power or ability to endure a difficult or unpleasant process or situation without giving up)

1000 Jump Jump Rope

See Link for 25 Variations

<https://youtu.be/qhD740bi3NQ>

Stretch: Post WOD Stretching

https://youtu.be/aEX_JO647R4

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