

# 150924 Thursday Snatch

Pro 28:16

A ruler who lacks understanding is a great oppressor, But he who hates covetousness will prolong his days.

*Be certain to share all that you have with those who have nothing or little and you will have more than you can imagine.*

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

6 Each of

Dead Lift; High Pull; Hang Clean; Front Squat; Push Press; Back Squat

(12)

**Skill:** Snatch Balance

See @ <https://youtu.be/6Kcend-O21w>

(5)

**Power:** 8 Rounds of Snatch or Power Snatch

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

Rookies work High Hang Snatch

Elite: Squat Snatch

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 Snatch

(12)

**MetCon:** 30 Push Jerk or Split Jerk @ 135

Scale to skill and strength

(6)

**Stamina:** AbCore 150

Chose the component and alternate for 150 reps of  
Abdominal work

(10)

**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