

180813 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 @ 3 Rounds of 21-15-9

MedBall Clean and Toss

Wide Grip Bent Row

Extended Push Ups @ Wall, Bench, or Box

Rx is to be completed "Unbroken" i.e. without stopping until complete.

(12)

Skill: High Hang Snatch @ 75

Maintain Skill Loads for Speed and Flexibility

(5)

Power/Strength: 6 Rounds of Snatch Lift

1-1-1-1-1-1

In 6 Rounds find a new 1 RM Snatch

<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 1/2 or Full

"Half/Full Annie"

50-100 Each

Pull Ups

Push Ups

Sit Ups

Air Squats

(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