

## 130308 FRIDAY (3) SNATCH

"He [who] speaks truth declares righteousness, But a false witness, deceit."

KJV

Proverbs 12:17

"Seth"

**\*Base:** ROM / Samson Complex- 10 Minute Cap

(Elite Full; Competitor Full; Novice 25 Each.)

**\*Skill:** Snatch Balance-5 Minute Cap

**\*Strength:** 8 Rounds of 3 Reps Snatch-20 Minute Cap

3-3-3-3-3-3-3-3 (24)

Work on 2nd pull to rack.

Lock the bar above the head and open the chest to 3 o'clock

Use a weight that you can handle and maintain form but makes you work hard.

Follow the video protocols.

(Elite-Full, Competitor-Full; Novice 3 Rounds; scale loads to afford perfect form.)

**\*MetCon:** 5 Rounds of 20 Minute Cap.

Row 200 Meters

20 Box Jumps @ 24" / 20"

(Elite Full; Competitors Full; Novice Full.)

**\*Stamina:** Turkish Get Ups 15 Minute Cap

100 Reps @ 40 / 20

(Elite Full; Competitors 50-75 Reps; Novice 25 Reps.)

**\*Endurance:** 5K

(Elite Full; Competitors 3200; Novice 1600)

\*Training Levels: Elite-Competitors-Novice WOD components are color-coded and annotated for scaling. Always scale loads and reps to skill and strength level. Train hard with purpose and have fun. . .

TRAIN HARD WITH PURPOSE:

"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."

KJV

Col. 3:17