

# 180108 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 YHWH and quickly turns from his view of life to that of the Lord's view.*

**Base:** ROM @ 3 Rounds of

10 High Hang Snatch @ 75-95

10 'Box Over' Jump w Burpee Push Up

10 Extended Arm Ring Push Ups

With each Push Up extend a hand out as far as possible while maintaining a push up with the other. Alternate left and right hands for one rep

*\*(Scale loads for Range of Motion and Warm Up-DO NOT make this a MetCon)*

(12)

**Skill:** Overhead Squat @ Sandbag or MedBall

This modality will force balance and shoulder/achilles flexibility.

**Use light loads and make it SKILL!**

<https://youtu.be/5nW-9CxaFGE>

(5)

**Power/Strength and Speed:** 6 Rounds of  
High Hang Snatch @ Moderate Loads 3-3-3

Snatch Lift @ 3-3-3-1-1-1

Increase loads but be careful of FORM BREAKS. Work with PERFECT, SAFE Loads.

Work on receiving the bar in a Squat Rack position

See video link below for Snatch Lift

<https://youtu.be/7rZV5P3cAa4>

(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*

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## **DON'T BE STUPID, USE LOADS THAT YOU CAN CONTROL SAFELY!**

MetCon: "Dumbbell Fran"

For Time

21-15-9

DB Thrusters

<https://youtu.be/aea5BGj9a8Y>

Pull Ups

(10)

Stamina:

1600 Meter Interval RUN

4 Rounds of

Sprint 100, Jog 100, Sprint 100, Walk 100

Endurance: Run/Walk 1.5 Miles

Walk with Pack, Run-No Loads

(Run @ 12/Walk @ 15)

Stretch: Post WOD Stretching

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

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