

180115 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 @ 2 Rounds of DB Snatch Complex

6 Each-one side complete before going on to the next:

Dead Lift, High Hang Pull, High Hang Clean, High Hang Snatch, Overhead Squat

**(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 @ 3-3-3-3

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)

USE LOADS THAT YOU CAN SAFELY CONTROL!

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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MetCon: "Snatch Grip Fran"

For Time

9-15-9

Snatch Grip Thrusters w/Bar Behind the Neck

Snatch the load and place it on the shoulders behind the neck. Squat to a 'Sotts Press' and explode to a full "Thruster" from behind the neck with Snatch Grip.

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

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