

181115 Day Four: Power Clean

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. 80501 Day

Base: ROM @ 3 Rounds of
9 High Hang Clean @ 75-95
25 Double Under Jump Rope
No DU's-50 Regular Jumps and work on DU's
(12)

Skill: 15 Burpee Pull Ups
Work on spring from the 'Plank' to the bar without spending time on the ground.
"Load and Explode!"
(5)

Power/Strength: 5 Rounds of Power Clean and Jerk
5-5-5-5-5

Increase loads each round for max efforts. Rookies try to work Squat Clean Protocols.

See video link below for PC&J training tips.

<https://youtu.be/Bc-0lFVIKWQ>

Take your time between reps to reset and prep for the next lift
(18)

MetCon/Stamina/Endurance: 5 Rounds For Time
7 Box Jumps @ 24-30" box
9 'Dive Bomber' Push Ups
12 Weighted Sit Ups @ AHAP (As Heavy As Possible)
(15)

Senior Menu



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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Seniors: "Old Guys/Gals WOD"

Follow **Base, Skill,** and **Power/Strength** Components

3 Rounds of

8-12 BB/DB Hang Clean @ 15-50

Hang DB's at the sides and curl or shrug the weight to the shoulder. Alternate sides for the Rx. Scale the loads to skill and strength adding

See Video below for Skill analysis

<https://youtu.be/CUaxieWW0tw>

10-20 Sit Ups or Leg Levers

(12)

MetCon/Stamina/Endurance: 3 Rounds For Time

10 DB Push Press @ Scale; 10 Wt'd Sit Ups @ Scale; 10 'T-Row' Push Ups*

*Begin in a plank PU position. Execute a PU and at the full extension (Returning to the Plank) roll to either the left or right hand extending the opposite hand and arm to the sky creating 'T' with the upper and lower body. Repeat in the opposite side for ONE rep. Scale t Skill and Strength by performing any PU and adding the 'T' Row either from the hand or the elbow. Use a matt for comfort

(8)

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