

151008 Thursday Snatch Lift

Pro 28:21

To show partiality is not good, Because for a piece of bread a man will transgress.

Treat all men as they should be treated as made in the image of GOD. Do Not favor one over another because all men are prone to stupidity

Base: ROM

25 High Hang Squat Cleans

Work on the skill of the Power Clean with 45-50% 1 RMPC Spend the Cap working on capturing the bar in a full squat. Perform 3-4 reps and recover before beginning another round.

See @

<https://youtu.be/-PbgrEV9TOA>

(12)

Skill: Snatch Balance @ Empty Bar

Work on Dropping under the bar to a full squat.

Check Grip, Bar Position, Elbows forward, Hips forward, Spine tight.

See @

<https://youtu.be/D5BUtMkoINY>

(5)

Power: 10 Rounds of Snatch Lift

1-1-1-1-1-1-1-1-1-1

Rookies work High Hang Snatch

Elite: Snatch from the floor

Scale Loads for Skill and Strength.

Add weight each round

Keep FORM and SAFETY in the forefront of your Rx

(12)

Chose ONE of the following to complete the Rx

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: 30 Push Press or Split Jerk
(6)

Stamina: AbCore 150
Chose the component and alternate for 150 reps of
Abdominal work
(10)

Endurance: "Samson 1000"
Perform 1000 Jumps with a Jump Rope
100 Each of the following:
Regular Jump, Side-to-Side both feet, Side-to-Side alternating
left and right feet, Front-To-Back both feet, 50 Right and 50
Left single leg, 50/50 alternating legs Side-To-Side, 50/50
alternating legs Front-To-Back, Run in place, Doubles with a
single, Doubles.

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