

181022 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 YHVH and quickly turns from his view of life to that of the Lord's view.

Base: ROM @ 5 Rounds of 10 Each

Ring Push Ups

Wide Grip Pull Ups

Kettlebell Swings @ 35-70#

Overhead Squat @ Oly Bar

(12)

Skill: Snatch Balance

(5)

Power/Strength: 7 Rounds of Snatch Lift

3-3-3-3-3-3-3

See video link <https://youtu.be/L6SjuAQjMEk>

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

(18)

MetCon/Stamina/Endurance: 12 Minute AMRAP

4 High Hang Squat Snatch

8 Rope/Towel Pull Ups

12 Knees-2-Elbows

16 Alternating Hand KBS

(12)

Beginning Trainees



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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New Trainees: Follow **Base, Skill, and Power/Strength** Components

3 Rounds of

8-12 BB/DB Hang Snatch @ 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 Skill and Strength by performing any PU and adding the 'T' Row either from the hand or the elbow. Use a mat for comfort

(8)

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