

181220 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

NOTE:

IF YOU ARE FOLLOWING THE SQUAT AND CHEST PROTOCOLS SWITCH POWER CLEAN AND CHEST-BACK-ARMS. DO FRIDAY BEFORE THURSDAY TO HELP REFRESH THE LEGS FROM THE 20'S ON TUESDAY. WE WANT AT LEAST 48 HOURS REST BEFORE ATTACKING THE LEGS A SECOND TIME IN THE WEEK.

Base: ROM 3 Rounds of

10 Kettlebell Swings

10 Moderate Weight Dead Lifts

(12)

Skill: High Hang Squat Clean

(5)

Strength: 4 Rounds of Clean & Jerk

5-5-5-5

Work Scale Loads for Speed and Skill

MetCon: 5 Rounds of

5 Body Weight-Plus Dead Lift*

5 Box Jumps @ 24-36" Box

5 Handstand Push Ups

*Scale for heavy loads +/- This is your gluteal and hamstring development that supplements your squat routine. Sheer strength.

(10)

Endurance/Stamina: "Abs" @ Tabata

3 Rounds of Tabata Abs

Sit Ups-4 Count Flutter Kick-CrossOver Crunch

(15)

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