

## 130315 FRIDAY (2) SNATCH

"The fear of the LORD [is] a fountain of life, To turn [one] away  
from the snares of death."

NKJV

Proverbs 14:27

### "SNATCHED AWAY"

**Base:** ROM / Samson Complex (10 Minute Cap)

**Skill:** Hang Snatch (5 Minute Cap)

See Training Video

**Strength:** 5 Rounds of 5 Muscle Snatch. (12 Minute Cap)

5-5-5-5-5 (25)

Begin with 75% of last 5 RM; increase the load each round.

Keep loads heavy enough to work hard.

If/When you break form, return to the last perfect lift to  
complete the component. .

Maintain form and skill development at all costs.

Do Not sacrifice form for loads.

**MetCon:** 10-9-8-7- . . . 2-1 Rounds For Time of: (20 Minute Cap)

Muscle Snatch @ 135 / 95 / 65

Ring Push Ups

1 Arm MedBall Sit Ups (Each Arm)

8 Count Body Builders

**Stamina:** 5 x 200 R&R @ ½ Bout Time

**Endurance:** AbCore 250

# BOVICE

Base: Rx

Skill: Rx

See Video

Strength: Rx; Scale Loads to Strength and Skill

MetCon: 5 Rounds; 5-4-3-2-1

Stamina: 2 x 200 R&R @ Bout Time

Endurance: AbCore 100

# COMPETITOR

Base / Skill: as Rx'd

MetCon: Rx Scale Loads to Skill and Strength

Stamina: Rx

Endurance: Rx

# ELITE

As Rx'd

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