

151005 Thursday Olympic Lift

Pro 29:3

Whoever loves wisdom makes his father rejoice, But a companion of harlots wastes his wealth.

Make wisdom the goal of your life and with it ask the Lord for understanding and He will provide it. The companion of fools is himself a fool.

Base: ROM 2 Rounds "Samson Complex"

6 Reps of Each exercise equals one round: Snatch Grip-Dead Lift, High Pull, Muscle Snatch, Snatch Balance, Overhead Squat

This site [FAQ](#)

Scale loads to skill and strength

(14)

Skill: High Hang Squat Clean @ 55-75

Work on Pulling under the bar to a full squat.

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

Make this a well orchestrated time of skill development.

THIS LIFT IS A GREAT SPEED AND POWER DEVELOPER

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

(10)

Power: 10 Rounds of Power Snatch/Squat Snatch

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

Rookies work High Hang Snatch

Elite: Snatch Lift beginning from the floor

Scale Loads for Skill and Strength.

Add weight each round but DO NOT sacrifice Loads for technique.

Keep the loads at perfect skill Rx weights.

FORM and SAFETY in the forefront of your Rx

Take ample recovery time between rounds for skill, speed, and technique

(20)

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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Chose ONE of the following to complete the Rx

MetCon: "ON-THE-MINIUTE"

Set a bar at 75-135
Begin with 1 Power Clean and Jerk
Add 1 Power Clean and Jerk each Minute for 10 Minutes
Total: 55 Clean and Jerk
(10)

Stamina: "100's"

Sprint @ 10 x 100 Meters
Rest as needed to perform
10 'ALL OUT' 100 Meter Sprints

Endurance: AbCore 150

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

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