

150730 Thursday Power Snatch

Pro 27:3

A stone is heavy and sand is weighty,
But a fool's wrath is heavier than both of them.

Watch out! When a fool gets mad he's in the minis sense arena.

Base: ROM 2 Rounds of "Barbell Complex"

Scale loads to skill and strength.

6 Each of

Dead Lift, High Pull, High Hang Clean, Push Press, Back
Squat, Push Press

Scale Loads to skill and strength.

(15)

Skill: 30 High Hang Squat Clean @ 75-95

(5)

Strength: 6 Rounds of Power Snatch

10-8-6-4-2-1

Rookies work High Hang Power Snatch.

Elite: Squat Snatch

Scale Loads for Skill and Strength. Add weight each round until
you complete the component or form breaks. Keep your skill as
the top priority and work on speed.

MetCon: 10 Power Clean and Jerk @ 55-135

Stamina: In MetCon

Endurance: Jog 1600

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