

151124 Tuesday Olympic Lift

Pro 29:13

The poor man and the oppressor have this in common: The LORD gives light to the eyes of both.

Rich and Poor all have the same GOD and He is watching over each with equal love and care.

Base: ROM 3 Round of
21 Jumping Jacks
15 Weighted Sit Ups @ 25-45
9 Pull Ups
(12)

Skill:
30 Split Jerk @ Empty Olympic Bar
(5)

Strength: 6 Rounds of Power Clean & Jerk @ 1 RMPC
8 @ 65%
6 @ 70%
5 @ 75%
4 @ 80%
3 @ 90%

As Many Reps as Possible with good form @ 75%

SCALE TO SKILL AND STRENGTH

Do Not sacrifice loads for skill!

(18)

Please Pay Close attention to the Cap Times (?) located
below each of the Components
(Located Here)

Chose ONE of the following to complete the Rx

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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MetCon: Run or Row 1600
4 Rounds of
400 Meter Run or Row
Between each 400
10 Jumping Jacks and 10 Jump Knee Tucks
(15)

Stamina:
5K
(Moderate Pace)

Endurance:
1600 Meter Run, 3200 Meter Row, or 500 Meter Swim,
or 1000 Meter Swim with fins
(10)

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Col. 3:17