

TUESDAY 130226 (1) POWER CLEAN

"Receive my instruction, and not silver, And knowledge rather than choice gold; For wisdom [is] better than rubies, And all the things one may desire cannot be compared with her."

NKJV

Proverbs 8:10-11

"Keep'n It Clean"

***Base:** ROM 12 Minutes PT

See Seal Grinder PT for options a video

***Skill:** Burgener Warm Up and Power Clean Basics

See Video

***Strength:** Power Clean 3 RM 10 Minute Cap

10-8-6-5-4-3-3-3 (42)

Scale loads to skill and strength.

Add weight each round until you reach a 3 RM. Complete the component at that load.

Maintain perfect form, scale load to skill.

***MetCon:** 3 Rounds for time of 21-15-9 (20 Minute Cap)

Hang Cleans @ 135 / 95

Scale Loads to skill and stamina. You have worked heavy for 16 reps, time to explode and work the MetCon.

Ring Dip

Box Jump 24" / 20"

***Stamina:** 100 Double Under Jump Rope

Can't do DU's, 200 regulars

***Endurance:** AbCore 250 with a 25 Rep Arm Hauler Chaser

75 4 Count Flutter Kick

75 Sit Ups

50 Leg Levers

50 Side Ups-25 Each side

*30 Minute WOD's choose Base, Skill and MetCon components; 45 Minute WOD's Base, Skill, Strength, and MetCon; 60+ Minute WOD's choose all components. Scale loads to skill and strength level. Train hard with purpose:

TRAIN HARD WITH PURPOSE:

"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."

KJV

Col. 3:17