

# 181119 Day One: Snatch Lift

Psa 119:59-60

I thought on my ways, and turned my feet unto thy testimonies. I made haste, and delayed not to keep thy commandments.

*The Psalmist sees himself in light of YHVH and quickly turns from his view of life to that of the Lord's view.*

## Base: ROM 3 Rounds of Snatch Complex

6 Each of

Dead Lift; Bent Row; High Hang Pull; High Hang Snatch;  
Overhead Squat

Work slow and deliberate between reps for skill development; perform the lift with speed: 45-75-95 Scale Up or Down

(8)

## Skill: Sott's Press

(5)

## Strength: Snatch Lift

3-3-3-3-3-3-3-3

Scale the Loads to accommodate perfect form.

## MetCon: 3 Rounds of 21-15-9

MedBall Toss

Dead Hang Pull Ups

## Stamina: "Abs"

ON-THE-MINUTE for 6 minutes: Do any abdominal exercise of your choice for a minute. Move on to another when the cap is completed. Rest as needed within the minute.

Any Abdominal movement of choice

## 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*