

151229 Tuesday Olympic Lift

Pro 29:12

If a ruler pays attention to lies, All his servants become wicked.

Leaders who lie propagate servants who lie and are disloyal

Base: ROM

5 "Daisy" Rounds

6 Clapping PU's; Pull Ups; Burpee's; Kettlebell Swings; Toes-To-Bar

(17)

Skill: High Hang Squat Snatch

Empty Olympic Bar

Work on speed and technique: keep it skill. If you are unable to rack the weight in a full squat, rack the load at the lowest possible position and proceed to a full squat and then back to standing.

Work for speed and flexibility!

See in "Video Training" Olympic Lifting

(5)

Power/Strength: Power 'Squat' Clean

8 Rounds of Power Clean

8 @ 60%

6 @ 65%

5 @ 70%

4X4 @ 75%

1X1 @ Max Effort

DO NOT sacrifice loads for speed and skill. Focus on the lift components.

Work on speed and technique.

Take 60-120 Seconds between Rounds

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: For Time

21-15-9

Push Jerk

Pull Ups

Stamina: 50 MedBall Toss

50 Kettlebell Swings @ 1.5 Pood

10' Target @ 16-20 Ball

Endurance: 1600 Meter 'Burden' Carry

Load a Back Pack, Duffle Bag, or Training Bag with 35-75 pounds and walk, jog, etc for 1600 meters. Sandbags are the best Rx for this protocol because they are awkward and force you to manage the weight with uncompromising efforts.

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