

# 181203 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

10 Box Jumps @ 24" Box

15 Burpee Long Jump\*

10 Body Weight Bench Press

\*Perform a Burpee w/o Push Up then Jump as far as possible. Repeat for Rx  
(12)

**Skill:** High Hang Squat Snatch

(5)

**Strength:** Snatch Lift\*

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

\*Scale the Loads to accommodate perfect form.

(18)

**MetCon:** 12 Minutes of :40/:20\*

'Farmer Carry' @ 35-55's\*\*

Double Under Jump Rope

Push Ups

Pull Ups

\*:40 all out effort max reps followed by :20 rest and recovery

\*\*Scale to skill and strength

**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*