

150417 Thursday Snatch Clean

Pro 24:19-20

Fret not thyself because of evil men, neither be thou envious at the wicked; For there shall be no reward to the evil man; the candle of the wicked shall be put out.

Base: ROM 3 Rounds of
15 Jumping Jacks; 10 Box Jumps;
10 High Hang DB Snatch @ 20-45
(15)

Skill: Snatch Lift Skill @ 45 Olympic Bar
(5)

Power: 10 Rounds of 1 Power/Squat Snatch
1-1-1-1-1-1-1-1-1-1

Load @ 60-75% 1 RMMS/SS Find your new 1 RMMS/SS
(15)

MetCon: "1 Rep Max Push Press"
In 12 Minutes find a new 1 RMPP
(12)

Stamina: 1000 Jump Rope @ Choice

Endurance: In MetCon

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