

181108 Day Four: Power Clean

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 YHWH and quickly turns from his view of life to that of the Lord's view. 80501 Day

Base: ROM 3 Rounds of "Daisy Complex"

6 of Each=Burpee's; Pull Ups; Toes-To-Bar; Clapping Push Ups; 1.5/2.0 Pood Kettlebell Swing

(8)

Skill: In Base

(5)

Strength: 3 Rounds of 5 Snatch Lift

Then 1-1-1

(12)

MetCon: "Granny"

10 Minute AMRAP* @ 75-115

9 Thrusters-6 Burpee's-3 Pull Ups

*AMRAP: As Many Rounds as Possible in 10 Minutes

(10)

Stamina: In MetCon

Endurance: 1600

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