

# 180315 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 YHVH and quickly turns from his view of life to that of the Lord's view.*

**Base:** ROM @ 2 Rounds of  
Dumbbell Complex @ 25-45 (Use DB in each hand)  
6 Each of: DL, Bent Row, High Pull, High Hang Clean, Push Press, Back Squat

**Skill:** High Hang Squat Clean @ 55-135\*

\*Scale for Skill Development

(5)

**Strength/Power:**

5 Rounds of Power Clean

3-3-3-3-3

R<sub>x</sub> @ Heavy training loads maintaining proper form at all times.

Remember to follow the "Stretching" [Link below for Post WOD Stretching!](#)

[https://youtu.be/aEX\\_JOB47R4](https://youtu.be/aEX_JOB47R4)

(18)

**MetCon / Stamina / Endurance:** 21 – 15 – 9 Reps of Dumbbell

"Ruc1"\*

Floor-2-Ceiling 25-50 DB's\*\*

Pull Ups

Knees-2-Elbows

\*Scale to skill and strength: this will be VERY intense

\*\*Touch DB's to the floor, squat clean to shoulders, thruster to standing position

(18)

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*