

# 180125 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.*

## Base:

ROM @ 3 Rounds of BB Complex @ Light to Moderate Load  
6 Each

Dead Lift; Bent Row; High Pull; High Hang Clean; Push Press; Front Squat  
(Use the 'Cap' [12 Minutes] )

Skill: Plank Variations

<https://youtu.be/BSdspgFhVQE>

(5)

## Strength/Power:

6 Rounds of: Power Clean

8-6-5-5-5-3

Begin the R<sub>x</sub> with moderate training loads adding weight as you progress maintaining proper form at all times. Find a new SAFE

Remember to follow the "Stretching" Link below for Post WOD Stretching!

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

(15)

MetCon: For Time

50 GHD Sit Ups

30 Handstand Push Ups

50 @ 4 Count Mountain Climbers

(15)

## 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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## Stamina:

(“The ability to sustain prolonged physical or mental effort”)

For Time

5 K Run

(25)

## Endurance:

(Power or ability to endure a difficult or unpleasant process or situation without giving up)

1000 Jump Jump Rope

See Link for 25 Variations

<https://youtu.be/qhD740bi3NQ>

Stretch: Post WOD Stretching

[https://youtu.be/aEX\\_JO647R4](https://youtu.be/aEX_JO647R4)

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Col. 3:17