

180604 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

15 MedBall Clean and Toss

10 Box Jump

10 'Turkish' Get Ups @ 25-45

(12)

Skill: OHS @ Olympic Bar-No Load

(5)

Power/Strength: 6 Rounds of Snatch Lift

3-3-3-3-3-3

<https://youtu.be/9xQp2sldyts>

Scale to Skill and Strength

(18)

MetCon/Stamina/Endurance: 3 Rounds of 21-15-9 For Time

"DOC"

Handstand Push Ups

50 Double Under's

Plank Pull Ups

50 Double Under's

Toes-2-Bar

50 Double Under's

Complete the components in the R_x as rapidly as possible: DU's between each component.

(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