

# 150902 Thursday Snatch

Pro 28:4

Those who forsake the law praise the wicked, But such as keep the law contend with them.

*We are living in a world that praises those who can get away with the most. We must stand for our Lord in righteousness and holiness and preach the WORD.*

**Base:** ROM 2-3 Rounds of  
"Bear Complex"

**Scale loads and rounds to skill and strength.**

Power Clean from the floor, Front Squat/Thruster (combined movement), Back Squat/Thruster (combined movement) x 7 Sets of the sequence equals ONE ROUND

See @ <https://youtu.be/oWOP9J7QPwI>

(15)

**Skill:** In Base

(0)

**Strength/Power:** 8 Rounds of Snatch

3-2-1-1-1-1-1-1

Rookies work High Hang Snatch

Elite: Squat Snatch

Scale Loads for Skill and Strength.

Add weight each round until you complete the component or form breaks. Make **skill as the top priority.** If you did 2-3 Rounds of 'Bear' above work on form and Snatch technique with light loads. If you saved yourself for 'Power' Go For It!

(12)

**MetCon:** In Strength/Power

(0)

**Stamina:** In MetCon

(0)

**Endurance:** Jog 5k

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