

180226 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
10 High Hang Snatch @ 75-95
10 GHD Sit Ups
10 Ring Push Ups
(12)

Skill: Overhead Squat
Balance and shoulder/Achilles flexibility. Work to stay on the heels with arms locked and elbows forward

Use light loads and make it SKILL!

<https://youtu.be/5nW-9CxaFGE>

(5)

Power/Strength and Speed: 6 Rounds of
6 Rounds of Snatch Lift @ 3-3-3-3-3-3
Increase loads but be careful of FORM BREAKS. Work with PERFECT, SAFE Loads.
Emphasize the foot 'stomp' and heel set
See video link below for Snatch Lift

<https://youtu.be/7rZV5P3cAa4>

(18)

MetCon / Stamina / Endurance

20 Minute AMRAP of
10 Pull Ups
15 Toes-2-Bar
20 Push Ups
50 Double Under Jump Rope
(20)

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