

150120 Tuesday Power Clean

Pro 21:15

It is joy to the just to do judgment: but destruction shall be to the workers of iniquity.

Base: ROM 3 Rounds of Barbell Complex

6 Each of

Dead Lift; High Pull; High Hang Clean; Front Squat; Push Press; Back Squat

Work to complete each round unbroken-without rest.

(15)

Skill: 30 High Hang Snatch @ 45-95

(5)

Strength: 4 Rounds of 8-10 Power Clean/Squat Clean to failure

Failure: Stop round when form breaks; 8-10 reps

MetCon: 3 Rounds of 21-15-9

DB Push Press Each Side

Plank Row: Reverse Grip

Endurance/Stamina: "Abs" @ Tabata

3 Rounds of Tabata Abs

Sit Ups-4 Count Flutter Kick-Reverse Crunch

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