

150827 Thursday Snatch Lift

Pro 27:25-27

When the hay is removed, and the tender grass shows itself, And the herbs of the mountains are gathered in, The lambs will provide your clothing, And the goats the price of a field; You shall have enough goats' milk for your food, For the food of your household, And the nourishment of your maidservants.

Your diligent work will always pay off. Tend to business and trust in the Lord Jesus Christ.

Base: ROM 2 Rounds of "Samson Complex"

Scale loads to skill and strength. Snatch Grip, 1 rep for each component
x 6 equals 1 Round. 1 DL, 1 HP, 1 HHS, 1 OHS, 1 SB x 6

Dead Lift; High Pull; Hang Snatch; Overhead Squat;
Snatch Balance

(15)

Skill: 30 High Hang Squat Cleans

Use Empty Oly Bar

(5)

Strength: 3 Rounds of Power Snatch

5-5-5

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. Keep your skill as the top priority.

(12)

MetCon: 30 Push Press @ 135-175

Scale to skill and strength

(7)

Stamina: In MetCon

(7)

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