

150611 Thursday Snatch Lift

Pro 26:2

As the bird by wandering, as the swallow by flying, so
the curse causeless shall not come.

Don't concern yourself with foolish worry; trust in the Lord and do good,

Base: ROM 3 Rounds of

“Dumbbell Complex”

One Round is 6 Reps of the following sequence on each side:
Dead Lift, High Pull, Hang Clean, Push Jerk, Snatch, Overhead
Squat.

Scale Loads to skill and strength.

(12)

Skill: High Hang Squat Clean

(8)

Power: 10 Rounds of Snatch/Power Snatch

Power Snatch or Squat Snatch

8-6-4-3-3-2-2-1-1-1

in 10 Rounds find a new 1 RMPS or SS

(15)

MetCon: 21-15-9

Push Jerk @ Snatch Grip @ 75-135

Stamina/Endurance: 10 x 40, 10 x 20 Meter Sprints

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