

# 181105 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 “Barbell ‘X’ Complex”

1 Each X 5 from the floor of

Dead Lift, High Pull, Power Clean, Power Clean and Jerk, Back Squat

Begin each move of the bar from the floor. Complete 1 rep of each repeating the cycle for 5 rounds equals 1 full round

Load @ 75-135

(12)

**Skill:** In Base

(5)

**Strength:** 5 Rounds of 5 Power Clean

Load @ 85% 1 RMPC

(12)

**MetCon:** “חזק”

(ha-zeek Strong)

12 Minute AMRAP of

8 Dead Hang Pull Ups

12 Ring or Extended Wall Push Ups

16 GHD Sit Ups

(12)

**Stamina:** In MetCon

**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