

# 180514 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 \*

5 Behind the Neck Wide Grip Pull Ups-Dead Hang

10 "Clock" Push Ups\*\*

15 MedBall Toss @ 10' Target

\*Moderate Loads to maintain a Base-Warm Up

\*\*Push Ups @ 12-3-6-9-12-12-9-6-3-12 Walk the hands to each station keeping the toes tight and in the center of your clock. **ELITE:** Plyo-Push Up both hands to each station.

(12)

**Skill:** Sotts' Press\*

<https://youtu.be/v3qropQDTOU?t=42s>

\*Skill Loads or Empty Bar

(5)

**Power/Strength:** 6 Rounds of Snatch Lift

5-5-5-3-3-3

<https://youtu.be/9xQp2sldyts>

Take your time between reps to reset and prep for the next lift. Be sure you are warmed up and prepared for Max Efforts. High Volume rounds use easily manageable loads.

Add weight in 3's.

(18)

**MetCon/Stamina/Endurance:** For Time

"Mark"

100 Push Ups; 50 Pull Ups; 100 Sit Ups; 500 Jumps @ any style

Break the components up as you see fit.

(15)

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