

180726 Day Four: Power Clean

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
Clean & Jerk Complex @ 6 Reps each
Dead Lift; High Pull; Hang Clean; Front Squat; Push Press
(12)

Skill: In Base

(5)

Strength/Power:

8 Rounds of Power Clean

5-5-3-3-3-3-3

R_x 5's @ 2nd Pull above the knees and 3's from the floor

Remember to follow the "Stretching" [Link below for Post WOD Stretching!](#)

https://youtu.be/aEX_JOB47R4

(18)

MetCon / Stamina / Endurance: One Round for Time of
"Kid's Stuff"

30 Push Press @ 95-135

100 Sit Ups

500 Jump Rope

*Scale to Skill and Strength.

(12)

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