

150423 Thursday Power Clean

Pro 24:21-22

My son, fear thou the LORD and the king: and meddle not with them that are given to change: For their calamity shall rise suddenly; and who knoweth the ruin of them both?

Base: ROM 3 Rounds of
"Dumbbell Complex"

6 Each, each arm: Dead Lift; High Pull; Power Clean;
Snatch; Overhead Squat
(15)

Skill: High Hang Snatch Lift @ 45-95 Olympic Bar
(5)

Power: 3 Rounds of 8 Power/Squat Clean
Load @ 65-75% 1 RMSC
(10)

MetCon: "1 Rep Max Clean and Jerk"
In 12 Minutes find a new 1 RMC&J
(12)

Stamina: 1000 Jump Rope @ Choice

Endurance: 50 "Spider" Crossover Sit Ups

In Supine position on the floor (on your back) spread the arms and legs wide apart with the lower back the only contact with the floor. Sit up crossing over the body with the right hand to the left toe while lifting the left toe to meet the hand over the center of the body. Repeat opposite sides for reps.

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