

# 181231 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

10 Pull Ups

20 Push Ups

30 Air Squats

40 Sit Ups

(12)

**Skill:** In Base

(5)

**Strength:** Snatch Lift\*

3-3-3 High Hang Then 3-3-3-3 Full ROM

\*Scale the Loads to accommodate perfect form.

(18)

**MetCon:** 2 Rounds of :20/:10 @ 4 minutes each\*

Double Under Jump Rope

Dive Bomber Push Ups

\*:20 all out followed by :10 Rest Complete the Rx for 4 minutes, rest for 1-2 minutes and repeat for a second round.

(10)

**Stamina:** "MedBall Manic"

50 MCT

(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*