

# 180222 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 @

15 Minutes of PT

Skill: High Hang Squat Clean

<https://youtu.be/dsBJaQKpXKE>

(5)

Strength/Power:

3 Rounds of Power Clean and Jerk

3-3-3

R<sub>x</sub> @ Heavy training loads maintaining proper form at all times.

Remember to follow the "Stretching" Link below for Post WOD Stretching!

[https://youtu.be/aEX\\_JOB47R4](https://youtu.be/aEX_JOB47R4)

(18)

MetCon / Stamina / Endurance: 3-5\* Rounds of

"BEAR COMPLEX"

7 Sets of each equals one round. I.e. 1 PC, 1 FS, 1 PP, 1 BS, 1 PP=1 Set x 7=1 Round

1 Power Clean

1 Front Squat

1 Push Press

1 Back Squat

1 Push Press

\*Scale for Strength and Skill

See @ [CrossFit.com](http://CrossFit.com)

(20-25)

## THIS IS A BADBOY WOD!

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*