

151224 Thursday Christmas Eve Olympic Lift

Pro 29:12

If a ruler pays attention to lies, All his servants become wicked.

Leaders who lie propagate servant who lie and are disloyal

Base: ROM "Dumbbell Complex"

3 Rounds of 25-75 DB

6 @ Dead Lift, High Pull, Clean, Push Press, Front or HD Squat

DB in each hand: progress through the Rx

(12)

Skill:

High Hang Power Clean

45-75

(5)

Strength: 8 Rounds of 3 Power Clean and Jerk

3 @ 50%

3 @ 55%

3 @ 60%

3 @ 70%

3 @ 80%

3 @ 85%

3 @ 90%

SCALE TO SKILL AND STRENGTH

Do Not sacrifice Skill for Load

(18)

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

151224 Thursday Christmas Eve Olympic Lift

Pro 29:12

If a ruler pays attention to lies, All his servants become wicked.

Leaders who lie propagate servant who lie and are disloyal

Please Pay Close attention to the Cap Times (Time) located below
each of the Components
(Located Here below each Component)

Chose ONE of the following to complete the Rx

MetCon: Run or Row

3 TABATA Rounds

:20 Max Effort and :10 Rest x 8 Equals one round

1 Minute Recovery between rounds

(15)

Stamina:

5K

(Moderate Pace)

Endurance:

100 Kettlebell Swings @ 1.0-2.0 Pood's

35-70

(8)

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

151224 Thursday Christmas Eve Olympic Lift

Pro 29:12

If a ruler pays attention to lies, All his servants become wicked.

Leaders who lie propagate servant who lie and are disloyal

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