

# 180723 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 Round of 21-15-9

Kettlebell Swings @ 1-2 Pood

Burpee Pull Ups

(12)

**Skill:** High Hang Squat Snatch @ Olympic Bar  
Work Speed and Pulling the body under the bar see @

<https://youtu.be/oTlSsPZaewg>

(5)

**Power/Strength:** 6 Rounds of Snatch Lift\*

3-3-3-3-3-3

<https://youtu.be/9xQp2sldyts>

Scale to Skill and Strength

\*High Hang Snatch at rounds 1-2. Full rounds 3-6

(18)

**MetCon/Stamina/Endurance:** 3 Rounds of 21-15-9 For Time

**"James"**

Atomic Push Up

<https://youtu.be/Wp6-x5Tg2gk>

50 Double Under's

Wide Grip Pull Ups

50 Double Under's

Knees-2-Elbows

50 Double Under's

Complete the components in the Rx as rapidly as possible: DU's between each component.

(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*