

180419 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 @ 1 Round of
100 Meter Overhead Walking Lunge @ 35-75
Keep it BASE
(9)

Skill: 2nd Pull Power Clean*

<https://youtu.be/Bc-0lFVIKWQ?t=53s>

*Repeat from last week: This transition is the place where POWER and SPEED combine to create EXPLOSION and heavier loads.

(5)

Strength/Power:

5 Rounds of Power Clean

5-3-3-3-3-1

R_x @ 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

(18)

MetCon / Stamina / Endurance: 3 Rounds For Time of

"Jeffery"

21-15-9

Push Press @ 95-155

Pull Ups

1 Mile Run @ Moderate Pace

Or

10-Meter Sprint Starts

10-20 Meter Sprints

20-40 Meter Sprints

(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

180419 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.

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