

150212 Thursday Power Clean/Snatch

Pro 22:28

Remove not the ancient landmark, which thy fathers have set.

Base: ROM 3 Rounds of "Dumbbell Complex"
6 of Each=1 Round Single Hand
Dead Lift; High Pull; High Hang Clean; High Hang Clean
and Jerk; Snatch; Shoulder Squat
(12)

Skill: "Burgener Warm Up"
See and review: Outstanding presentation.
http://youtu.be/Y5YFU_iuwJ4
(5)

Strength: 3 Rounds of 5 Squat Cleans
(8)

MetCon: "CrossFit 14.1 Open"
10 Minute AMRAP of
15 Power Snatches
30 Double Unders
(10)

Stamina: In MetCon

Endurance: 1000 Jump Rope reps 100 Each:
Regular; Side-To-Side (STS); Front-To-Back (FTB); Alt. Lt/
Rt; 50 Rt/Lt; 50 Rt/Lt STS; Alt. Feet Run; 50 Rt/Lt FTB;
Double/Single; Doubles

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