

181025 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. 80501 Day

Base: ROM @ 3 Rounds Barbell Complex

75-95-115

Perform each round unbroken i.e. without putting the barbell down. Be sure to scale for warm up. You will get a WO from this but it is intended to produce skill for each component of the Power Clean. 6 Each of: Dead Lift; High Pull; High Hang PC; Push Press; Back Squat

(15)

Skill: In Base

Work Skill and Flexibility @ 55-75

(5)

Power/Strength: 5 Rounds of Power Clean & Jerk

3-3-3-3-3

Increase loads each round for max efforts. Rookies try to work Squat Clean Protocols.

See video link below for PC&J training tips.

<https://youtu.be/Bc-0lFVIKWQ>

Take your time between rounds to reset and prep for the next lift. Reset after the clean before executing the Jerk portion of the Rx.

(18)

MetCon/Stamina/Endurance: For Time:

5 Rounds for time of 5

Handstand Push Ups

Wide Grip Behind the Neck Pull Ups

Toes-2-Bar

Wide Grip Bent Row

(12)



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

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New Trainees

Follow **Base**, **Skill**, and **Power/Strength** Components

3 Rounds of

8-12 BB/DB Hang Clean @ 15-50

Hang DB's at the sides and curl or shrug the weight to the shoulder. Alternate sides for the Rx. Scale the loads to skill and strength adding

See Video below for Skill analysis

<https://youtu.be/CUaxieWW0tw>

10-20 Sit Ups, Leg Levers, or Knees-2-Elbows

(12)

MetCon/Stamina/Endurance: 3 Rounds For Time

10 DB Push Press @ Scale; 10 Wt'd Sit Ups @ Scale; 10 'T-Row' Push Ups*

*Begin in a plank PU position. Execute a PU and at the full extension (Returning to the Plank) roll to either the left or right hand extending the opposite hand and arm to the sky creating 'T' with the upper and lower body. Repeat ini the opposite side for ONE rep. Scale t Skill and Strength by performing any PU and adding the 'T' Row either from the hand or the elbow. Use a matt for comfort

(8)

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