

151015 Thursday Olympic Lift

Pro 28:13

He who covers his sins will not prosper, But whoever confesses and forsakes them will have mercy.

Don't try to hide anything, you will be the worst for it. Confess your errors and forsake them and you will have mercy.

Base: ROM 2 Rounds "Barbell Complex"

6 Reps of each component @ 75-115

Use Moderate and easily manageable loads for skill and execution. Do 6 reps of each component before moving on to the next.

Dead Lift, High Pull, Power Clean, Push Press, Back Squat

Begin each component and rep with the bar in contact with the floor exempting the Squat.

(12)

Skill: Snatch Balance @ Empty Bar

Work on Dropping under the bar to a full squat.

Check Grip, Bar Position, Elbows forward, Hips forward, Spine tight.

See @

<https://youtu.be/D5BUtMkoINy>

(5)

Power: 10 Rounds of Power Clean

1-1-1-1-1-1-1-1-1-1

Rookies work High Hang Clean

Elite: Squat Clean from the floor

Scale Loads for Skill and Strength.

Add weight each round but DO NOT sacrifice Loads for technique. Keep the loads at perfect skill Rx weights.

Keep FORM and SAFETY in the forefront of your Rx

(15)

Chose ONE of the following to complete the Rx

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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MetCon: 30 Push Press or Split Jerk
(6)

Stamina: "100's"

Sprint @ 10 x 100 Meters

Rest as needed to perform

10 'ALL OUT' 100 Meter Sprints

Endurance: AbCore 150

Chose the component and alternate for 150 reps of
Abdominal work

(10)

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