

150702 Thursday Snatch/Snatch Balance

Oldies 141211

Pro 21:3

To do justice and judgment is more acceptable to the LORD than sacrifice.

Base: ROM 3 Rounds of "Dumbbell Complex"
Scale loads to skill and strength.

6 Each

Dead Lift, High Pull, High Hang Clean, Push Press,
Snatch, Overhead Squat
Scale Loads to skill and strength.

(15)

Skill: 30 Snatch Balance @ 45-95

Strength: 3 Rounds of 8 Muscle Snatch
8-8-8

Scale Loads for Skill and Strength

<http://youtu.be/7h4r8tWGAKM>

MetCon: 8 Minute AMRAP
5 Push Jerk @ 75-135
20 Double Unders
(No Double Unders? 50 Regulars)

Stamina: 3 x 2 Minute Plank Holds

Endurance: 100 Sit Ups and 50 Reverse Crunches

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