

190114 Day One: Snatch Lift

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 2 Rounds of

10 High Hang Squat Snatch

15 Pull Ups

10 Burpees with 3 Push Ups Each

(12)

Skill: Overhead Squat

(5)

Strength: Snatch Lift

6 Rounds of 3

3-3-3-3-3-3

(18)

MetCon: 2 Rounds of :40/:20*

Burpee Pull Ups**

Suspension-Ring Angle Row***

Weighted Sit Ups

*:40 all out effort max reps followed by :20 rest and recovery

**Perform a Burpee Then Jump and complete a Pull Up

***Lean back from the rings as far as possible keeping the spine tight and straight while performing plank pulls to the solar-plexus

(10)

Stamina: "Sandbag Shoulder Carry"

800 Meter Carry: 10 PU Penalty for each Drop

Use 75-150 and Scale to skill and strength: If/When you set the bar/bag down perform 10 PU's while you rest and move on.

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