

# 181206 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 of  
10 DB Thrusters @ 25-45  
50 Double Under Jump Rope  
(15)

**Skill:** High Hang Squat Clean  
(5)

**Strength:** 6 Rounds of Clean & Jerk  
5-5-3-3-3-1

Work Scale Loads for Speed and Skill

**MetCon:** 3 Rounds of 40/20\*  
Burpee Box Jumps (No Push Up)  
Knees-2-Elbows  
\*:40 Work & :20 Recovery  
(10)

**Endurance/Stamina:** "Abs" @ Tabata  
3 Rounds of Tabata Abs  
Sit Ups-4 Count Flutter Kick-Reverse Crunch

## 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*