

SUNDAY 130127 (3) SNATCH

"The fear of the LORD [is] a fountain of life, To turn [one] away from the snares of death."

NKJV

Proverbs 14:27

Base: ROM / Samson Complex (10 Minute Cap)

Skill: Hang Snatch (5 Minute Cap)

See Training Video

Strength: 5 Rounds of 5 Muscle Snatch. (12 Minute Cap)

5-5-5-5-5 (25)

Begin with 75% of last 5 RM; increase the load each round.

Keep loads heavy enough to work hard.

If/When you break form, return to the last perfect lift to complete the component. .

Maintain form and skill development at all costs.

Do Not sacrifice form for loads.

MetCon: 10-9-8-7- . . . 2-1 Rounds For Time of: (20 Minute Cap)

Muscle Snatch @ 135 / 95 / 65

Ring Push Ups

1 Arm MedBall Sit Ups (Each Arm)

8 Count Body Builders

Stamina: 5 x 200 R&R @ ½ Bout Time

Endurance:

100 Push Ups

Row / Run 1600



Base: Rx

Skill: Rx

See Video

Strength: Rx; Scale Loads to Strength and Skill

MetCon: 5 Rounds; 5-4-3-2-1

Stamina: 2 x 200 R&R @ Bout Time

Endurance: AbCore 100



Base / Skill: as Rx'd

MetCon: Rx Scale Loads to Skill and Strength

Stamina: Rx

Endurance: Rx



As Rx'd

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