

## 180524 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.*

**Base:** ROM @ 3 Rounds of

5 'ManMakers' @ 25-50\*

15 Reverse Crunches

\*Scale to Skill and Strength

(12)

**Skill:** High Hang Clean 2nd Pull

<https://youtu.be/lV90BtCuwqU>

This is an excellent training Video for 2nd Pull instructions. Author is clear and teaches the critical aspects of the Pull, Extension, and Rack Scale to Skill and Strength working on ROM and Flexibility-Keep it Lite!

(5)

**Strength/Power:**

6 Rounds of Power Clean and Jerk

5-5-3-3-3-3

R<sub>x</sub> @ perform 5's @ 2nd Pull above the knees and 3's from the floor PC&J

Remember to follow the "Stretching" Link below for Post WOD Stretching!

[https://youtu.be/aEX\\_JOB47R4](https://youtu.be/aEX_JOB47R4)

(18)

**MetCon / Stamina / Endurance:** 3 Rounds For Time

"Cambry"\*

10 Handstand Push Ups

10 Alternating hand KBS

10 Toes-2-Bar

10 GHD Sit Ups

\*Scale to Skill and Strength

(15)

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*