

150604 Thursday Squat Clean

Pro 25:25

As cold waters to a thirsty soul, so is good news from a far country.

Base: ROM 3 Rounds of
"Bear Complex"

One Round is 7 Sets of the following sequence:
Power Clean; Front Squat; Push Press; Back Squat; Push Press.
(12)

Skill: Burgener Warm Up

See @ https://youtu.be/Y5YFU_iuwJ4

Work on this skill component with great care. These movements are essential to Olympic Lifting success.
(8)

Power: 10 Rounds of 1 Power Clean
Power or Squat Cleans
1-1-1-1-1-1-1-1-1-1
in 10 Rounds find a new 1 RMPC
(15)

MetCon: 21-15-9
Push Press @ 75-135
Ring Dips

Stamina/Endurance: 10 x 100 Meter Sprints

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