

181224 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

Snatch Complex @ 75, 95 Scale to Skill and Strength*

6 Each: Snatch Grip-Dead Lift, Bent Row, High Pull, High Hang Snatch, Overhead Squat

*Do the component unbroken: without stopping until complete

(12)

Skill: In Base

(5)

Strength: Snatch Lift*

3-3-3 High Hang Then 3-3-3-3 Full ROM

*Scale the Loads to accommodate perfect form.

(18)

MetCon: 2 Rounds of :40/:20*

Handstand Push Ups

Box Jumps @ 24"

Toes-2-Bar

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

(8)

Stamina: "Tabata Abs"*

:20 All Out Effort followed by :10 Rest. Repeat for 4 Minutes

Sit Ups

Push Ups

Pull Ups

*Tabata: 8 cycles of :20 Intense work followed by :10 Rest

(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