

181126 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 @

25 Burpee Pull Ups

50 Side Walking Push Ups

(12)

Skill: High Hang Squat Snatch

(5)

Power/Strength and Speed: 8 Rounds of Snatch Lift

3-3-3-3-3-3-3-3

Increase loads but be careful of FORM BREAKS. Work with PERFECT, SAFE Loads.

Work on receiving the bar in a Squat Rack position

See video link below for Snatch Lift

<https://youtu.be/7rZV5P3cAa4>

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

https://youtu.be/aEX_JOB47R4

(18)

MetCon: 5 Rounds for time of

10 Box Jumps @ 24"

10 Kettlebell Swings @ 1.5-2 Pood

10 Squat Jacks

(12)

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

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Stamina: "Farmer Carry"

100 Meters

Olympic Bar in each hand

10 PU's Penalty for each Rest Period

Recover under stress with PU's

Endurance: Run/Walk 1.5 Miles

Walk with Pack, Run-No Loads

(Run @ 12/Walk @ 15)

Stretch: Post WOD Stretching

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