

## 181101 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. 80501 Day*

**Base:** ROM @ 3 Round of  
15 MedBall Toss @ 10' Target  
100 Single Jump-Jump Rope  
10 'No Load' V-Sit Ups  
(12)

**Skill:**

High Hang Squat Clean

Work on 3rd Pull-Pulling the body under the bar.

**See Catalyst Athletics Video link below for an excellent training and explanation of the 3rd Pull.**

This Video is well worth your time to view!

<https://youtu.be/blYoqAhpVZI>

Power Output Calculator

(5)

**Strength/Power:**

7 Rounds of: Clean and Jerk

5-5-3-3-3-3-3

Work early rounds with moderate loads increasing to an end of WOD

<sub>1 RMCJ</sub>

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

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

(15)

**MetCon:** 3 Rounds for Time of  
5 "ManMakers"

50 Double Under Jump Rope

(8)

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:

(“The ability to sustain prolonged physical or mental effort”)

For Time

5k Run or 1k Swim

(25)

### Endurance:

(Power or ability to endure a difficult or unpleasant process or situation without giving up)

1000 Jump Jump Rope

See Link for 25 Variations

<https://youtu.be/qhD74obi3NQ>

Stretch: Post WOD Stretching

[https://youtu.be/aEX\\_JOb47R4](https://youtu.be/aEX_JOb47R4)

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