

# 151117 Tuesday Olympic Lift

Pro 29:9

If a wise man contends with a foolish man, Whether the fool rages or laughs, there is no peace.

*Never argue with an idiot. If you do, there will be two idiots arguing. The fool will not listen to sound wisdom; his only desire is to hear himself.*

**Base:** ROM 3 Round of "Samson Complex"  
6 Each executed with a 'Snatch' Lift Grip @ 75-135  
Dead Lift  
High Pull  
High Hang Snatch  
Overhead Squat  
Scale Loads to skill and strength  
(12)

## **Skill:**

Front Squat @ 75-95  
Work on hand and bar placement for perfect rack position  
Keep hips and spine engaged; elbows high  
(5)

**Strength:** 6 Rounds of Power Clean @ 1 RMPC

8 @ 65%  
6 @ 70%  
5 @ 75%  
4 @ 80%  
3 @ 90%

As Many Reps as Possible with good form @ 75%

## **SCALE TO SKILL AND STRENGTH**

Do Not sacrifice loads for skill!

(18)

## 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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Chose ONE of the following to complete the Rx

**MetCon:** Run or Row 1600

4 Rounds of

400 Meter Run or Row

Between each 400 Do 50 Sit Ups or Crunches

(15)

**Stamina:**

1-3 Mile 20-50 lb Back Pack Hike

(Moderate Pace)

**Endurance:**

1600 Meter Run, 3200 Meter Row, or 500 Meter Swim,  
or 1000 Meter Swim with fins

(10)

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