

180521 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 @ 5 Each

Snatch Grip Dead Lift; Bent Row; High Pull; High Hang Snatch; Overhead Squat

*75-95

(12)

Skill: OHS @ MedBall

Use a MedBall overhead with arms locked to enhance flexibility and balance.

(5)

Power/Strength: 6 Rounds of Snatch Lift

5-5-5-3-3-3

<https://youtu.be/9xQp2sldyts>

Work 2nd Pull Hang Snatches for the 5's and Floor to full Snatch for the 3's. Add weight in 3's.

(18)

MetCon/Stamina/Endurance: For Time

“Burt”

50 Body Weight Bench Press

50 Pull Ups

100 Double Under Jump Rope

Break the components up as you see fit.

(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