

180405 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.

Base: ROM @ 2 Rounds of

“Bear” Complex*

7 Sets of

Power Clean-Front Squat-Push Press-Back Squat-Push Press

*The R_x consists of 1 rep of each of the above components 7 times for each round.

Keep it BASE

(15)

Skill: 50 Double Under Jump Rope

*Scale for Skill Development

(5)

Strength/Power:

5 Rounds of Power Clean and Jerk

3-3-3-3-3

R_x @ Heavy training loads maintaining proper form at all times.

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

https://youtu.be/aEX_JOB47R4

(18)

MetCon / Stamina / Endurance: For Time

Run 1 Mile @ Moderate Pace

OR

20-40 Meter Sprint Starts

(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