

# 181213 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 Rounds of

10 MedBall Toss

50 Double Under Jump Rope

(12)

**Skill:** High Hang Squat Clean

(5)

**Strength:** 4 Rounds of Clean & Jerk

5-5-5-5

Work Scale Loads for Speed and Skill

**MetCon:** 5 Rounds of

5 Body Weight Dead Lift\*

5 Kettlebell Swings

5 Box Jumps @ 24-36" Box

5 Handstand Push Ups

\*Scale for heavy loads +/-

(10)

**Endurance/Stamina:** "Abs" @ Tabata

3 Rounds of Tabata Abs

Sit Ups-4 Count Flutter Kick-CrossOver Crunch

(15)

**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*