

# 150521 Thursday Squat Clean

Pro 25:12

As an earring of gold, and an ornament of fine gold, so is a wise reprover upon an obedient ear.

**Base:** ROM 3 Rounds of  
"Samson Complex"

Snatch Grip 7x1 Each: Dead Lift; High Pull; High Hang  
Snatch; Overhead Squat  
(12)

**Skill:** High Hang Squat Clean @ 45-95 Olympic Bar  
(5)

**Power:** 5 Rounds of 5 Power Clean  
Squat Clean for Elite Trainees

Add Loads as you maintain form. When form breaks complete  
the component at that load.  
Load @ 75-85% 1 RMSC  
(14)

**MetCon:** "Jake" For Time  
40 Handstand Push Ups  
40 Knees-To-Elbows  
(8)

**Stamina:** 30 Rope Pull Ups or 5 Rope ascents

**Endurance:** Jog 5k

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