

## WEDNESDAY 130109 (1) SNATCH

“[It is] an abomination to kings to commit wickedness: for the throne is established by righteousness.”

KJV

[Proverbs 16:12](#)

**Base:** ROM/ 4 Rounds of Barbell Complex

**Skill:** Hang Muscle Snatch  
See Video

**Strength:** 5 Rounds of 5 Muscle Snatch 5-5-5-5-5 (25)  
Work skill and strength.

Keep the loads heavy enough to work hard adding weight to each round.  
Maintain form at all costs: Work on the technique of the lift.

See **Snatch Basics & Burgener Warm Up**

**MetCon:** “Patriot” 5 Rounds for time of 9-15-21-15-9 (69)  
DB Hang Snatch @ 40/25/15 (Each Arm)  
Wide Grip Bent Row @ 135/115/75  
Overhead Squat @ Olympic Bar

**Stamina:** On-The-Minute for 10 Minutes  
5 MedBall Clean and Press  
Sprint 20 out and Back

Set a cone or marker 20 Meters from your MedBall. Perform 5 MedBall Clean and Throws, Sprint out 20 to the cone and back. R&R remainder of the minute.

**Endurance:** AbCore 300  
100 4 Count Flutter Kick  
100 Sit Ups  
50 Reverse Crunch  
25 Side Ups (Each Side)

# COVICE

**Base:** 2 Rounds working on skill and strength. Scale Loads

**Skill:** Rx

**Strength:** 3 Rounds of 5

Work on Skill and Form: Weight will come as Skill improves  
See [Video](#).

**MetCon:** 3 Rounds of 9-15-9

**Stamina:** OTM for 5 Minutes

**Endurance:** Rx @ 50%

# COMPETITOR

**Base / Skill** as Rx'd

**MetCon:** 3 Rounds of 21-15-9

**Stamina:** Rx

**Endurance:** Rx

# ELITE

Rx

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