

150625 Thursday Snatch/Power Snatch

Pro 26:11

As a dog returns to his vomit, so a fool returns to his folly.

It's a guarantee of nature; dog's always come back to their barf and so a fool, because he is a fool, repeats his stupid deeds.

Base: ROM 3 Rounds of
"Samson Complex"

5 reps of the following sequence equal one round: 5 Snatch Grip-Dead Lift, High Pull, High Hang Snatch, Overhead Squat, (Elite) 'Sott's' Press (Others) Push Pess

Scale Loads to skill and strength.

(12)

Skill: High Hang Squat Clean @ 45

(5)

Power: 5 Rounds of 5 Snatch/Power Snatch

Snatch: Rack @ Full Squat Power Snatch: Rack @ Standing

Rookies work at High Hang Snatch only!

5-5-5-5-5

Begin with 70-75% of your 1 RMPC and continue to add weight until form breaks or you complete the component. Stay within a 4-6 rep ratio. Maintain proper form. Scale to skill and strength.

See @ [FAQ SOFIT](#)

(15)

MetCon:
30 Push Jerk @ 135

Stamina: 8 x 100 Sprints

Endurance: 100 Sit Ups; 100 4 Count MC

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