

180412 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 @ 1 Round of

1600 Meter Jog or Run

Keep it BASE

(9)

Skill: 2nd Pull Power Clean

<https://youtu.be/Bc-0lFVIKWQ?t=53s>

(5)

Strength/Power:

4 Rounds of Power Clean and Jerk

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

CrossFit's Dan Bailey Workout

100 Double Under Jump Rope

THEN

5 Rounds of

10 DB Dead Lifts

10 DB Front Squats

10 Handstand Push Ups

THEN

100 Double Under Jump Rope

(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