

151029 Thursday Olympic Lift

Pro 29:4

The king establishes the land by justice, But he who receives bribes overthrows it.

Corrupt Leadership destroys a country and the people.

Base: ROM 1 Rounds "Bear Complex"

See @ <http://www.thesamsonoption.com/faq.html>

This site

[FAQ](#)

(14)

Skill: High Hang Squat Snatch @ Olympic Empty Bar

Work on Pulling under the bar to a full squat.

Check Grip, Bar Position, Elbows forward, Hips forward, Spine tight.

Make this a well orchestrated time of skill development: work on the very special skill of this marvelous lift.

THIS LIFT REQUIRES GREAT SKILL AND SYNERGY!

See @

<https://youtu.be/WOonpO98TdQ>

(10)

Power: 10 Rounds of Power Clean and Jerk

1-1-1-1-1-1-1-1-1-1

Rookies work High Hang Clean

Elite: Squat Clean beginning from the floor

Scale Loads for Skill and Strength.

Add weight each round but DO NOT sacrifice Loads for technique.

Keep the loads at perfect skill Rx weights.

FORM and SAFETY in the forefront of your Rx

Take ample recovery time between rounds for skill, speed, and technique

(20)

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

151029 Thursday Olympic Lift

Pro 29:4

The king establishes the land by justice, But he who receives bribes overthrows it.

Corrupt Leadership destroys a country and the people.

Chose ONE of the following to complete the Rx

MetCon: "Lion's Den Complex" **10 Minutes in the Lion's Den**

'Lion's Den' Samson's Option for a Burpee to end all Burpee's.

Begin standing as you would to execute a Burpee. Drop to the floor in one move kicking the feet back to a plank position.

Perform a Push Up. Keeping hands in contact with the floor jump with both feet as close to the right hand as possible then back to the plank and do a Push Up. Keeping hands in contact with the floor, jump with both feet as close to the left hand as possible then back to the plank and do a Push Up. Keeping hands in contact with the floor, jump toward the hands splitting the feet, right foot to right hand and left foot to left then back to the plank and do a Push Up. Jump back to the standing position:

ONE REP!

(10)

Stamina: "100's"

Sprint @ 10 x 100 Meters

Rest as needed to perform

10 'ALL OUT' 100 Meter Sprints

Endurance: AbCore 150

Chose the component and alternate for 150 reps of Abdominal work

(10)

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