

## 180312 Day One: Snatch Lift

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 @ 3 Rounds of 21-15-9

Kettlebell Swings @ 1.5-2 Pood

Overhead Squat @ 95-135

Side Walking Push Ups

Rx is to be completed "Unbroken" i.e. without stopping until complete.

(12)

**Skill:** Plank Holds @ 4-3-2 Point

(5)

**Power/Strength:** 6 Rounds of Snatch Lift

3-3-3-3-3-3

Increase loads each round for max efforts. Rookies try to work Squat Clean Protocols.

See video link below for Snatch Technique

<https://youtu.be/9xQp2sldyts>

Take your time between reps to reset and prep for the next lift

(18)

**MetCon/Stamina/Endurance:** For Time

"Annie"

40-30-20-10

Double Under Jump Rope/Sit Ups

(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*