

## 180830 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 @ 3 Rounds of

BB Complex @ 75-95-115\*

6 Each of:

Dead Lift; High Pull; High Hang Squat Clean; Push Press; Back Squat

\*Scale to skill and strength

(12)

**Skill:** High Hang Squat Clean @ Oly Bar

\*Scale for Skill Development

(5)

**Strength/Power:**

6 Rounds of Power Clean and Jerk

3-3-3-3-3-3

R<sub>x</sub> @ Heavy training loads maintaining proper form at all times. Reset and adjust each rep @ the floor to ensure proper technique. Too much weight reduces the training effect.

Remember to follow the "Stretching "Link below for Post WOD Stretching!"

[https://youtu.be/aEX\\_JOB47R4](https://youtu.be/aEX_JOB47R4)

(18)

**MetCon / Stamina / Endurance:** 3 Rounds For Time of

"Boy, this is fun!"\*

50 KBS

50 Jump Knee Tucks

100 Double Under Jump Rope\*\*

\*Scale to skill and strength

\*\*NO DU's? 200 Regular Jumps

(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*