

180329 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

Run 400

10 Sandbag Gets Ups @ 35-75

See @ <https://youtu.be/RC7BFsclSoM>

Skill: Front Squat

*Scale for Skill Development

(5)

Strength/Power:

7 Rounds of Power Clean

3-3-3-3-3-3-3

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

"COLT"

30 Push Press @ 135

30 Ring Dips

(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