

180920 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: 3 Rounds of Barbell Complex

6 Each of Dead Lift; Bent Row; High Pull; Front Squat; High Hang Clean; Push Press

Rounds @ 75-95-115

Scale to Skill and Strength

(15)

Skill: In Base

(5)

Strength/Power:

6 Rounds of Power Clean and Jerk

3-3-3-3-3-3

R_x @ Heavy training loads maintaining proper form at all times.

See this excellent training video from Catalyst Athletics

<https://youtu.be/bIYoqAhpVZI>

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

https://youtu.be/aEX_JOB47R4

(18)

MetCon / Stamina / Endurance: 1 Round For Time of

"אני הסוכין"

(I Am The Knife)

30 Knees-2-Elbows

50 Kettlebell Swings @ 1-2 Pood

50 Meter 'Farmer Carry' Walking Lunges @ 25-50#

30 GHD Sit Ups

*Scale to skill and strength: this will be VERY intense

**Touch DB's to the floor, squat clean to shoulders, thruster to standing position

(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