

180730 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 @ 2 Round of
Snatch Complex* @ DB's Complete one side before progressing to the other.
Add 30 Push Ups following each round.
*5 each of Dead Lift; Bent Row; High Pull; High Hang Snatch; Overhead Squat
(12)

Skill: High Hang Squat Snatch @ Olympic Bar
Work Speed and Pulling the body under the bar see @

<https://youtu.be/oTISsPZaewg>

(5)

Power/Strength: 6 Rounds of Snatch Lift*

3-3-3-3-3-3

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

Scale to Skill and Strength

*High Hang Snatch at rounds 1-2. Full rounds 3-6

(18)

MetCon/Stamina/Endurance: 3 Rounds of 1 Minute Each

"Poppa Don"

Atomic Push Up X Cross

<https://youtu.be/KeHxgZSO3rs>

50 Double Under's

Rope Pull Ups

50 Double Under's

Knees-2-Elbows

50 Double Under's

Complete the components in the R_x as rapidly as possible: DU's between each component. Use the DU's as a recovery mode. Rest as needed

(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