

150129 Thursday Power Clean/Snatch

Pro 22:4

By humility and the fear of the LORD are riches, and honour, and life.

Base: ROM 3 Rounds of "Oly Complex"

1x7 of Each=1 Round (Snatch Grip)

Dead Lift; High Pull; High Hang Snatch; Overhead Squat;
'Sott's' Press

(12)

Skill: 30 Overhead Squats @ PVC/95

(5)

Strength: 4 Rounds of

8-10 Single Hand Snatch Lift Each Hand

(8)

MetCon: 3 Rounds of 21-15-9

Power Clean and Jerk 75/135

Pull Ups

(10)

Stamina: In MetCon

Endurance: 1000 Jump Rope reps 100 Each:

Regular; Side-To-Side (STS); Front-To-Back (FTB); Alt. Lt/
Rt; 50 Rt/Lt; 50 Rt/Lt STS; Alt. Feet Run; 50 Rt/Lt FTB;
Double/Single; Doubles

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