

180507 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 @ 3 Rounds of *

10 Bar or Ring Dips

10 Pull Ups-Rope or Towel

10 Overhead Squat

*Moderate Loads to maintain a Base-Warm Up

(12)

Skill: High Hang Snatch*

<https://youtu.be/YLVYzO3P52I>

*Skill Loads

(5)

Power/Strength: 6 Rounds of Snatch Lift

5-5-5-3-3-3

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

Take your time between reps to reset and prep for the next lift. Be sure you are warmed up and prepared for Max Efforts. High Volume rounds use easily manageable loads.

Add weight in 3's.

(18)

MetCon/Stamina/Endurance: 15 Minute AMRAP

“Matthew”

100 Regular Jump Rope

10 Burpee Pull Ups

10 (Moderate Load) Snatch Balance

25 Sit Ups or Reverse Crunches (Alternate each round)

(15)

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