

# 150917 Thursday Power Clean

Pro 28:9

One who turns away his ear from hearing the law, Even his prayer is an abomination.

*If you won't follow the Word of God, don't expect to hear from the Lord. Your prayers are lost in unfaithfulness.*

**Base:** ROM 3 Rounds of  
"Dumbbell Complex"

25-55#'s Scale to Skill and Strength

7 Each of; Single hand Dead Lift, High Pull, Hang Clean, Hang Clean and Jerk, Hang Snatch, Overhead Squat Complete all components on one side before moving to the other.

(15)

**Skill:** High Hang Snatch @ PVC or Oly Bar

See @ <https://youtu.be/XfE3oDaqAGU>

(5)

**Power:** 8 Rounds of Power Clean and Jerk

6-5-4-3-2-2-1-1

Rookies work High Hang Clean and Jerk

Elite: Squat Clean

Scale Loads for Skill and Strength.

Add weight each round until you complete the component or form breaks. 8 Rounds to find a new 1 Rep Max Power Clean and

Jerk

(12)

**MetCon:** In Base

(0)

**Stamina:** AbCore 250

Chose the component and alternate for 250 reps of Abdominal work

(10)

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

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**Endurance:** Jog 5k

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