

TUESDAY 130122 (2) POWER CLEAN

"In all labor there is profit, But idle chatter leads only to poverty"

NKJV

Proverbs 14:23

Base: ROM / 4 Rounds Seal Complex (10 Minute Cap)

Skill: Power Clean (5 Minute Cap)
See Training [Video](#)

Strength: 5 Rounds of 5 **Power Clean**
(12 Minute Cap)
5-5-5-5-5 (25)

Begin with 75% of last 5 RM; increase the load each round. Keep loads heavy enough to work hard.

Work on maintaining form. If/When form breaks, return to the last perfect lift.

MetCon: 5 Rounds For Time of: (20 Minute Cap)

5 Hang Cleans @ 135 / 95 / 45

10 Ring Dips

15 Kettlebell Swings @ 2.0 / 1.5 / 1.0 Pood

Stamina: 10 Rounds On-The-Minute

5 MedBall Burpee Toss / Sprint 20 Out-20 Back

R&R Balance of the Minute

Endurance: 200 Meter Sandbag Jog

NOVICE

Base: Rx

Skill: Rx Work on Hang Clean Skill
See Video above

Strength: Rx but with Olympic Bar or 65 / 55
Work on skill. See Video Above

MetCon: 3 Rounds starting @ Olympic Bar
65 / 95

Stamina: 50% Rx'd

Endurance: 5 Minute AbCore

(Rest as Needed)

COMPETITOR

Base / Skill as Rx'd

MetCon: Rx Scale Loads to skill and strength

Stamina: 6-8 Rounds

Endurance: Rx

ELITE

As Rx'd



"It was me, I admit it, I made the Jacuzzi bubbles, I made the bubbles."

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