

150205 Thursday Power Clean/Snatch

Pro 22:9

He that hath a bountiful eye shall be blessed; for he giveth of his bread to the poor.

Base: ROM 3 Rounds of "Samson 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: 3 Rounds of 5 Squat Cleans

Find a 3 RM Power Clean in 3 Rounds

(8)

MetCon: "Lilly"

20 Clean and Jerk

10 Bar-Over-Burpee

10 High Hang Snatch

10 Bar-Over Burpee

20 Clean and Jerk

(6)

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