

# 151208 Olympic Lift

Pro 29:24

Whoever is a partner with a thief hates his own life; He swears to tell the truth, but reveals nothing.

*How much respect you have for your name is determined by those you associate with. Liars do not tell the truth.*

**Base:** ROM "Curtis P"

3 Rounds of 75-95-115

6 @ Power Clean, Front Lunge Each Leg, Push Press

See @ <https://youtu.be/uLff8fhPIQg>

(12)

**Skill:**

`L' Hang Support

Rings, Parallel Bar, Hanging Pull Up Bar

(5)

**Strength:** 8 Rounds of Power Clean

8 @ 50%

6 @ 55%

5 @ 60%

4 @ 70%

3 @ 80%

2 @ 85%

2 @ 90%

## **SCALE TO SKILL AND STRENGTH**

Do Not sacrifice Skill for Load

(18)

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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Please Pay Close attention to the Cap Times (?) located below each of the Components  
(Located Here below each Component)

**Chose ONE of the following to complete the Rx**

**MetCon:** Run or Row  
3 TABATA Rounds

:20 Max Effort and :10 Rest x 8 Equals one round  
1 Minute Recovery between rounds  
(15)

**Stamina:**  
5K  
(Moderate Pace)

**Endurance:**  
50 Kettlebell Swings @ 1.0-2.0 Pood's  
35-70  
(8)

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