

## 150528 Thursday Snatch/Split Jerk

Pro 25:13

As the cold of snow in the time of harvest, so is a faithful messenger to them that send him: for he refresheth the soul of his masters.

**Base:** ROM 3 Rounds of  
"Curtis P"

Power Clean-Front Lunge Right/Front Lunge Left/Push  
Press: One Rep x 6 Each Round  
(12)

**Skill:** Burgener Warm Up  
See @ [https://youtu.be/Y5YFU\\_iuwJ4](https://youtu.be/Y5YFU_iuwJ4)  
(8)

**Power:** 8 Rounds of 3 Power/Squat Snatch  
Squat Snatch for Elite Trainees Power Snatch Trainees  
Add Loads as you maintain form. When form breaks complete  
the component at that load.  
Load @ 85-90% 1 RMS  
(15)

**MetCon:** Run/Row 5k  
(8)

**Stamina:** 1000 Jumps Jump Rope  
Choice

**Endurance:** Jog 5k

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