

# 150226 Thursday Power Clean/Snatch

Pro 23:13

Withhold not correction from the child: for if thou beatest him with the rod, he shall not die. Thou shalt beat him with the rod, and shalt deliver his soul from hell.

**Base:** ROM 3 Rounds of "Barbell 'X' Complex"  
5 Each **from the floor** of  
Dead Lift, High Pull, Power Clean, Clean and Jerk, Back Squat  
**Begin each move of the bar from the floor.**

Load @ 75-135  
(12)

**Skill:** 30 High Hang Squat Snatch @ Olympic Bar  
Elite: @ 95-135  
(5)

**Strength:** 5 Rounds of 5 Power Clean  
Load @ 85% 1 RMPC  
(12)

**MetCon:** "Maga"  
12 Minute AMRAP of  
8 Snatch Lift @ 75-95  
12 Pull Ups  
16 GHD Sit Ups  
(12)

**Stamina:** In MetCon

**Endurance:** Prepare for 150227 "Samsonized XXVIV"

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