

THURSDAY 130214 (I) HANG SQUAT CLEAN

“A wicked doer giveth heed to false lips; [and] a liar giveth ear to a naughty tongue.”

KJV

Proverbs 17:04

Base: ROM/-4 Rounds Curtis ‘P’

Skill: Muscle Up

See Video

Strength: 5 Rounds of 5 Hang Squat Cleans
5-5-5-5-5 (25)

From the 2nd Pull position:

Standing not from the floor, Power Clean with a Rack in the Full front Squat position.

See Power Clean Video or Hanging Squat Clean

MetCon: “Ryanized”

5 Rounds for time of 9-15-21-15-9

Thrusters @ 95 / 75 / 55

Dead Hang Pull Ups

Stamina: 4 Rounds for time of

Run/Row 400

3 Rope Ascents

Endurance: 10 Minute AbCore

Work each component for 1 Minute

Sit Ups

Leg Lifts

4 Count Flutter Kicks

Side Ups

Cross Over Crunch

GOVICE

Base: 1 Round working on skill and technique

Skill: Rx See Video and work skill

Strength: 3 Rounds of 5 @ Scale Loads for Skill Development

MetCon: 3 Rounds @ 9-15-9

Stamina: Rx @ 50%

Endurance: Rx @ 50%

COMPETITOR

Base / Skill as Rx'd

Strength: Rx; Scale for skill development / **MetCon:** Rx @ 21-15-9

Stamina: 3 Rounds

Endurance: Rx

ELITE

Rx

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