

150226 Thursday Snatch Lift

Pro 23:15

My son, if thine heart be wise, my heart shall rejoice, even mine.

Base: ROM 3 Rounds of "Samson 'X' Complex"
6 Each **from the floor** of
Dead Lift, High Pull, Power Snatch, Overhead Squat, Sott's
Begin each move of the bar from the floor.

Load @ 75-115
(12)

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

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

MetCon: "Jeff"
12 Minute AMRAP of
8 Power Clean and Jerk @ 75-95
12 Pull Ups
16 GHD Sit Ups
(12)

Stamina: In MetCon

Endurance: Prepare for 150227 "Samsonized XXIX"

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