

## SATURDAY 130223 (2) HANG SNATCH

"The righteousness of the upright will deliver them, But the unfaithful will be caught by [their] lust."

NKJV

Proverbs 11:5

"Samuel II"

**\*Base:** ROM / (MBB) 30 MedBall Burpee's; 30 MedBall Sit Ups  
(MBSU)- 10 Minute Cap  
(Elite, Competitor, Novice Scale Load Levels)

**\*Skill:** Snatch / Burgener Warm Up-5 Minute Cap

See [Video](#)

**\*Strength:** 5 Rounds of Snatch-Skill & Snatch Balance- 15 Minute Cap

(Elite-Full, Competitor-Scale Loads, Novice; Manageable weight that allows for perfect form; 3 Rounds)

5-5-5-5-5

Work each rep with a 'Reset' i.e. Start each rep as a new round and check the following.

Check the feet; outside of the feet just at the hip line with the toes slightly turned out.

Bar position on the shins over the instep (Feel-the-Steel). Locking grip-index finger over the thumb, Snatch Grip.

Eyes and Chest at 3 O'clock maintained through the full ROM

Head @ 12 / Feet @ 6

Review the Video's below for bar path and position at the rack. (I cannot guarantee the links that YouTube will display are appropriate for viewing. See [thesamsonoption.com](http://thesamsonoption.com) for the embedded video):

<http://youtu.be/kNUpypAppjk>

Landing: Jump and set the heels, bar behind the ears, elbows locked, arm pits at 3 o'clock.

**\*MetCon:** 5 Rounds of- 30 Minute Cap  
10 Snatch Balance @ 95 / 45

[Video](#)

10 DB Snatch Each Side @ 45 / 25

20 Ring Push Ups

(Elite Full; Competitors Full; Novice Work SB (Snatch Balance) with PVC;  
1/2 the reps on DBS and RPU's)

**\*Stamina:** Run / Row 800, 400, 200, 400, 800; R&R (Rest & Recovery)  
1/2 bout time.  
(Elite Full; Competitors Full; Novice 400-200)

**\*Endurance:** In MetCon  
(Elite Full; Competitors Full; Novice Full)

**\*Training Levels:** Elite-Competitors-Novice WOD components are color-coded and annotated for scaling. Always scale loads and reps to skill and strength level. Train hard with purpose and have fun. . .

*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](#)