

190107 Day One: Snatch Lift

Psa 119:59-60

I thought on my ways, and turned my feet unto thy testimonies. I made haste, and delayed not to keep thy commandments.

The Psalmist sees himself in light of YHVH and quickly turns from his view of life to that of the Lord's view.

Base: ROM 2 Rounds of
10 Overhead Squat @ Base Scale
15 Pull Ups
10 Two-Count Split Jumps
(12)

Skill: High Hang Snatch
(5)

Strength: Snatch Lift*
3-3-3 High Hang Then 3-3-3-3 Full ROM
*Scale the Loads to accommodate perfect form.
(18)

MetCon: 2 Rounds of :40/:20*
Alternating Hand KBS**
Suspension-Ring Angle Row***
Knees-2-Elbows

*:40 all out effort max reps followed by :20 rest and recovery

**Scale the Kettlebells to skill and strength

***Lean back from the rings as far as possible keeping the spine tight and straight while performing plank pulls to the solar-plexus
(10)

Stamina: "Farmer Carry"
400 Meter Farmer Carry: 10 PU Penalty for each Drop
Use 45-75 and Scale to skill and strength: If/When you set the bar down perform 10 PU's while you rest and move on.

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