

181122 Day Four: Power Clean

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. 80501 Day

Base: ROM 3 Rounds of Barbell Complex

6 Each of

Dead Lift; High Pull; High Hang Clean; Front Squat; Push Press;
Back Squat

Work to complete each round unbroken-without rest. Scale to Base Protocols

(15)

Skill: In Base

(5)

Strength: 6 Rounds of Clean & Jerk

5-5-3-3-3-1

Work Scale Loads for Speed and Skill

MetCon: 3 Rounds of 40/20*

Single Leg Burpee Right; Single Leg Burpee Left;
'Squat Jacks' (Full Squat JJ's in Squat Position)

*:40 Work & :20 Recovery

(10)

Endurance/Stamina: "Abs" @ Tabata

3 Rounds of Tabata Abs

Sit Ups-4 Count Flutter Kick-Reverse Crunch

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