

# 180201 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 YHWH and quickly turns from his view of life to that of the Lord's view.*

**Base:** ROM @ 2 Rounds of  
DB Complex @ Light to Moderate Load 6 Each\*  
Dead Lift; Bent Row; High Pull; High Hang Clean; Push Press; Front Squat  
(Use the 'Cap' [12 Minutes] )

\*Use 2 DB's; one in each hand

**Skill:** High Hang Squat Clean

<https://youtu.be/dsBJaQKpXKE>

(5)

**Strength/Power:**

6 Rounds of: Power Clean and Jerk

5-5-5-3-3-3

Begin the R<sub>x</sub> with moderate training loads adding weight as you progress maintaining proper form at all times. Find a new SAFE

Remember to follow the "Stretching" Link below for Post WOD Stretching!

[https://youtu.be/aEX\\_JOB47R4](https://youtu.be/aEX_JOB47R4)

(15)

**MetCon / Stamina / Endurance:** 2-3 rounds for time of:

"Half-Eva"

Run 800 meters

30 Kettlebell Swings

15 Pull Ups

See @ CrossFit Tuesday 180116

<https://youtu.be/ghD740bi3NQ>

(20-25)

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*