

130102 Wednesday (2) Squat Clean

"When pride comes, then comes shame; But with the humble [is] wisdom."

NKJV

Proverbs 11:2

***Base:** ROM / 1600 Meter Run / Row / Ride; Burgener Warm Up-10 Minute Cap
(Elite, Competitor, Novice)

***Skill:** Power Clean-5 Minute Cap

See Video

***Strength:** 5 Rounds of Squat Clean Work-10 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'.

Check the feet, grip, elbows high and outside.

Rack the weight on the 'Shelf' Shoulders.

Elbows Up and to the Front. Hips Forward Stomp and 'Set the Heels'

***MetCon:** 5 Rounds of- 20 Minute Cap

10 DB Power Clean and Jerk @ 50 / 25 (Each Hand)

Work both hands at the same time or Split working one side at a time.

20 Box Jumps @ 24" / 20" Box

30 Kettlebell Swings @ 2 / 1 Pood

(Elite Full; Competitors Scale Loads; Novice 3 Rounds, Box Steps may be substituted for
BJ's. Divide Reps by 2)

***Stamina:** Triple "TABATA" Protocol

Row / Stationary Bike / Run / Jump Rope Singles

Choose any or a combination of any.

Rest and Recovery 60 Seconds between bouts

***Endurance:** AbCore 250

100 4 Count Flutter Kicks

100 Sit Ups

50 Side Ups

25 Each Side

(Elite Full; Competitors Full; Novice Divide by 2)