

150820 Thursday Power Clean

Pro 27:19

As in water face reflects face, So a man's heart reveals the man.

The eyes can't lie and reality always bleeds through.

Base: ROM 3 Rounds of
"Barbell Complex"

Scale loads to skill and strength.

6 Dead Lift; 6 High Pull; 6 Hang Cleans; 6 Front Squat; 6
Push Press; 6 Back Squat

(15)

Skill: 30 High Hang Squat Snatch

Use Empty Oly Bar

(5)

Strength: 5 Rounds of 5 Power Clean

5-5-5-5-5

Rookies work High Hang Clean

Elite: Squat Clean

Scale Loads for Skill and Strength.

Add weight each round until you complete the component or
form breaks. Keep your skill as the top priority.

(12)

MetCon: 30 Snatch Balance @ 45-135

This was a good one, let's do it again!

See @ <https://youtu.be/6Kcend-O21w>

(7)

Stamina: Abs

50 Push Up Side Planks

Do a push up and rotate onto one hand extending the other to the
ceiling creating a 'T' with your body between the floor and ceiling.

(7)

Endurance: Jog 5k

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