

180924 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 @ 3 Rounds of 21-15-9

Dumbbell Bench Press Single Arm*

Wide Grip Pull Ups (Elite: Behind the Neck to Shoulders)

*Single DB; Complete one side before continuing to the other.

(12)

Skill: High Hang Squat Snatch @ 75

Maintain Skill Loads for Speed and Flexibility

(5)

Power/Strength: 6 Rounds of Snatch Lift

3-3-3-3-3-1*

<https://youtu.be/9xQp2sldyts>

Take your time between reps to reset and prep for the next lift. Be sure you are warmed up and prepared for Max Efforts

*New End of WOD 1 Rep Max Snatch Lift

(18)

MetCon/Stamina/Endurance: 3 Rounds OTM

“On the Minute”*

Split Jumps

Feet-Rings-Clock Push Up**

Kettlebell Swings @ 1-2 Pood

Sit Ups

*Work each component for 1 minute. Move on to the next for 1 minute until you complete the Rx. Rest 1-2 minutes between rounds. Set up your circuit before beginning to prevent too much ‘Down Time’ between components.

** Feet in rings elevated from the floor (Choose height to scale) perform PU's @

12-3-6-9-12-12-9-6-3-12 Etc for the Minute

(18)

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