

180910 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

Ring Push Ups (Elite Trainees Feet on 24" Box)

Burpee Pull Ups

Rx is to be completed "Unbroken" i.e. without stopping until complete.

(12)

Skill: High Hang Squat Snatch @ 75

Maintain Skill Loads for Speed and Flexibility and Speed of the High Pull and Pull

Under the bar: See video @ Power/Strength below

(5)

Power/Strength: 6 Rounds of Snatch Lift*

3-3-3-3-3-3

<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

*The 'Snatch Lift' is the most athletic lift possible. The skill and athleticism accomplished through this lift create speed, power, synergy, coordination, balance, and overall strength. Learn it well as it will serve you well many years.

(18)

MetCon/Stamina/Endurance: 3 Rounds of

":60/:20"

Ring 4 Count Mountain Climber with Push Up @ 4

Plank Wide Grip Row-Bar or Rings

"Skater's"

Sit Ups, KTE, TTB, V-Sit, or other Abdominal Exercise-Make it Fast for :60

Work each component for :60 seconds followed by a :20 recovery until you complete the Rx. Rest 1-2 minutes between rounds.

(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