

180308 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 YHVH and quickly turns from his view of life to that of the Lord's view.

Base: ROM @ 2 Rounds of

Barbell Complex @ 75-95

6 Each of: DL, Bent Row, High Pull, High Hang Clean, Push Press, Back Squat

Skill: Front Squat @ 55-135*

Elbows High, Heels Flat, Feet Hip Width

*Scale for Skill Development

(5)

Strength/Power:

6 Rounds of Power Clean and Jerk

3-3-3-3-3-3

R_x @ Heavy training loads maintaining proper form at all times.

Remember to follow the "Stretching" [Link below for Post WOD Stretching!](#)

https://youtu.be/aEX_JOB47R4

(18)

MetCon / Stamina / Endurance: 3-5* Rounds of

"Dumbbell BEAR COMPLEX"

7 Sets of each equals one round. I.e. 1 PC, 1 FS, 1 PP, 1 BS, 1 PP=1 Set x 7=1 Round

DB IN EACH HAND

1 Power Clean

1 Front Squat

1 Push Press

1 Back Squat

1 Push Press

*Scale for Strength and Skill

See @ CrossFit.com

(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

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THIS IS A BADBOY WOD!

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