

151203 Thursday Olympic Lift

Pro 29:20

Do you see a man hasty in his words? There is more hope for a fool than for him.

If you keep shooting off your mouth don't be surprised if you get shot.

Base: ROM

Jog 1600 at moderate pace

(8)

Skill: Hanging Squat Clean @ Olympic Bar

See this site: "Video Training"

Work on Speed and Transition from Pull to Rack

(5)

Power: 3 Rounds of
"Samson's Black Thursday"

With at Dumbbell in each hand perform 7 each of the following for 3 rounds increasing the load with each round.

Begin with 25-35; 35-45; 45-55

Scale loads to skill and strength. Rest 2 Minutes between each round.

Dead Lift

High Pull

Hang Clean

Push Press

Front Squat

30 4-Count Flutter Kicks

(20)

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