

## 130331 SUNDAY (2) SNATCH 5 RM

"A good [man] leaves an inheritance to his children's children, But the wealth of the sinner is stored up for the righteous."

NKJV

Proverbs 13:22

Base: (10 Minute Cap) ROM / Olympic Warm Up;

Skill: (5 Minute Cap) Snatch Balance;

Strength: Muscle Snatch, 3 Rep Max, 5 x 3; . Work for a new 3 RM @ 3-3-3-3-3 (15). Take care to grip and bar placement. Begin the lift with the hips: head, hips, chest, and eyes forward. Look straight ahead racking the bar above the head and over the shoulder;\*

MetCon: 5 Rounds for Time of; 5 MS @ 60% 3 RM, 10 Ring Dips, 3 Rope Ascents-No Rope: Substitute 6 Towel Pull Ups for each ascent.

Stamina: 20 ManMakers or 25 MedBall Clean and Toss.

Endurance: Farmer Carry 400 Meters @ 50 lbs. 10 PU Penalty for each drop.

\*(Follow the Burgener Rx for hands, feet, bar racking position, and full squat position. Break 90 Degree knee bend with elbow high.)



"Mom, I'm try'n not to poke holes in the food, but it keep wiggle'n!"

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