

151112 Thursday Olympic Lift

Pro 29:11

A fool vents all his feelings, But a wise man holds them back.

*A foolish man delights in hearing himself talk. He says whatever is on his mind with no regard of consequence.
The wise man thinks about what he has to say and says it carefully.*

Base: ROM 3 Rounds "Daisy Complex"

6 Burpee's, 6 Pull Ups, 6 Toes to Bar, 6 Plyometric (Clapping)
Push Ups, 6 Kettlebell Swings @ 1.5 Pood

This site [FAQ](#)

Scale loads to skill and strength

(15)

Skill: High Hang Snatch Lift @ 55-75

Work on Pulling under the bar to a full squat.

Check Grip, Bar Position, Elbows forward, Hips forward, Spine tight.

Make this a well orchestrated time of skill development.

THIS LIFT IS A GREAT SPEED AND POWER DEVELOPER

See @ <https://youtu.be/bpHJCLcoth4>

(10)

Power: 10 Rounds of Power Clean and Jerk

1-1-1-1-1-1-1-1-1-1

If you completed the WOD for 'Wednesday 151111 Chest/Back' within the last 5-7 days hold off on this WOD until that amount of time has passed before doing it. The two Rx's are extreme and could cause overtraining or injury. Both these WOD's are pressing protocols and require ample recovery for positive adaptive response.

Rookies work High Hang Clean and Jerk

Elite: Snatch Lift beginning from the floor

1 @ 75% 1 RMBS; 1 @ 80%; 1 @ 85%; 1 @ 90%; 1 @ 95%;
1 @ 100%; 1 @ 105%; 3 Rounds @ Max to Failure

Scale Loads for Skill and Strength.

Add weight each round but DO NOT sacrifice Loads for technique.

Keep the loads at perfect skill Rx weights.

FORM and SAFETY in the forefront of your Rx

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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Take ample recovery time between rounds for skill, speed,
and technique

(20)

Chose ONE of the following to complete the Rx

MetCon: "ON-THE-MINIUTE"

Load a bar at 75-135

Begin each round with 1 Snatch or Power Snatch

After performing the Snatch Lift Jump Over the bar and sprint out 20 Meters and Back to the Bar. Rest the remainder of the time. Repeat for 10 rounds On-The-Minute.

(10)

Stamina: "100's with DU's"

Sprint @ 5 x 100 Meter Sprints

Sprint 100 Meters and. Perform 50 DU's

Rest as needed but stay to the CAP of 12 Minutes

(12)

Endurance: AbCore 150

Chose the component and alternate for 150 reps of
Abdominal work

(10)

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Col. 3:17