

130327 WEDNESDAY (2) CLEAN AND JERK 5 RM

"He who walks in his uprightness fears the LORD, But [he who is] perverse in his ways despises Him."

NKJV

Proverbs 14:2

Base: (12 Minute Cap) ROM / Sandbag Get Ups;

Skill: (5 Minute Cap) Hang Power Clean;

Strength: Power Clean & Jerk (See Video Training Cleans) 5 Rep Max-5x5;
work for a new 5 RM @ 5-5-5-5-5 (25);

MetCon: 5 Rounds for Time of:
9-15-21-15-9 DB Hang Cleans @ 55, 35, 25: Ring Dips

Stamina: "Tri-Bata" (12 Minute Cap)*

Endurance: 1600 Meter Run

*(Tabata Protocol: Run, Row, Jump Rope, or Ride 3 Rounds with a 60 Second Rest and Recovery between bouts. Choose any individual Rx or do any combination for the Rx'd time.)



Weights are a lot like us; not much good just sitting around.

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