

# 150716 Thursday Power Snatch

Pro 26:21

As charcoal is to burning coals, and wood to fire,  
So is a contentious man to kindle strife.

*If your presence causes arguments then be gone! Don't be ready to start an argument.*

**Base:** ROM 2 Rounds of "Dumbbell Complex"  
Scale loads to skill and strength.

6 Each

Dead Lift, High Pull, High Hang Clean, Push Press,  
Snatch, Overhead squat  
Scale Loads to skill and strength.

(15)

**Skill:** 30 Snatch Balance

See @ <https://youtu.be/6Kcend-O21w>

**Strength:** 5 Rounds of Snatch Lift

10-8-6-4-2

Rookies work High Hang Power Snatch.

See @ <https://youtu.be/K6QunmuTZOQ>

Scale Loads for Skill and Strength. Add weight each round until  
you complete the component or form breaks.

**MetCon:** 30 "Thrusters" @ 75-95

See @ <https://youtu.be/88jwDZtP35c>

**Stamina:** In MetCon

**Endurance:** 50 Sit Ups and 50 Reverse Crunches

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