

180528 Day One: Snatch Lift

Psa 119:59-60

I thought on my ways, and turned my feet unto thy testimonies. I made haste, and delayed not to keep thy commandments.

The Psalmist sees himself in light of YHVH and quickly turns from his view of life to that of the Lord's view.

Base: ROM @ 2 Rounds of
25 Kettlebell Swing @ 1-2 Pood
15 Burpee Box Jump
5 'Dead Hang Pull Ups
(12)

Skill: OHS @ Olympic Bar-No Load
(5)

Power/Strength: 7 Rounds of Snatch Lift
3-3-3-2-2-1-1

<https://youtu.be/9xQp2sldyts>

Work 2nd Pull Hang Snatches for the 5's and Floor to full Snatch for the 3's: Add weight in 3's.
(18)

MetCon/Stamina/Endurance: For Time

"Grampa"

100 Push Ups in continuous reps beginning with Ring PU's. Then, Feet on a bench/hands on the floor, Regular PU's/hands and feet on the floor, hands on bench/feet on the floor. *

50 Pull Ups

50 Double Under Jump Rope

*Do as many Ring PU's as you can. When you can't do another Ring PU put your feet up on a bench with your hands on the floor and do as many PU's from the bench as you can. When you can't do another of these begin Regular PU's. When you fail at Reg PU's begin PU's hands on bench and feet on the floor. Keep track of your reps. When you can't do another PU, move on to Pull Ups when you have exhausted your ability to do a good Pull Up. Move on to Double Under Jump Rope. Do 50

DU's each time you have to rest on your Pull Ups.

Repeat the cycle completing the components in the R_x

(18)

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