

# 180416 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 @ 3 Rounds of 21-15-9

Burpee Side Jump\*

Pull Ups-Wide Grip

Toes-2-Bar

\*Perform a Burpee with a Push Up and immediately jump to the side as far and as high as possible. Repeat performing a Burpee with Push Up jumping back to the starting position for 2 Reps.

(12)

**Skill:** Snatch Balance

<https://youtu.be/XuFaDIsAVGI>

(5)

**Power/Strength:** 6 Rounds of Snatch Lift

5-5-5-3-3-3

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

Take your time between reps to reset and prep for the next lift. Be sure you are warmed up and prepared for Max Efforts. High Volume rounds use easily manageable loads.

Add weight in 3's.

(18)

**MetCon/Stamina/Endurance:** For Time:

"Annie"

50-40-30-20-10

Double Under Jump Rope

Sit Ups

Add Weight to SU's to Scale Up

(15)

**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*