

## 180517 Day Four: Power Clean

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  
10 (5 Each Side) Turkish Get Ups @ 25-50\*  
15 Kettlebell Swings @ 1-2 Pood  
\*Scale to Skill and Strength  
(12)

**Skill:** High Hang Clean 2nd Pull

<https://youtu.be/lV90BtCuwqU>

This is an excellent training Video for 2nd Pull instructions. Author is clear and teaches the critical aspects of the Pull, Extension, and Rack Scale to Skill and Strength working on ROM and Flexibility-Keep it Lite!

(5)

**Strength/Power:**

5 Rounds of Power Clean

3-3-3-3-3

R<sub>x</sub> @ Heavy training loads find new 1 RM PC&J

Remember to follow the "Stretching" Link below for Post WOD Stretching!

[https://youtu.be/aEX\\_JOB47R4](https://youtu.be/aEX_JOB47R4)

(18)

**MetCon / Stamina / Endurance:** 3 Rounds For Time

"Daisy"

10 Push Press @ 135\*

5 Handstand Push Ups

10 Sumo Dead Lift High Pulls @ 75\*

10 Toes-2-Bar

10 (Weighted) Sit Ups @ 45\*

\*Scale to Skill and Strength

(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*