

# 181011 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. 80501 Day*

**Base:** 2 Rounds of BB Complex

6 Each of Dead Lift; Bent Row; High Pull; Front Squat; High Hang Clean; Push Press  
Rounds @ scale to skill and strength

(15)

**Skill:** In Base

(5)

**Strength/Power:**

6 Rounds of Power Clean and Jerk

5-4-3-3-3-3

R<sub>x</sub> @ Heavy training loads maintaining proper form at all times.

See this excellent training video from Catalyst Athletics

**<https://youtu.be/b1YoqAhpVZI>**

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:** 1 Round For Time of

"השור"

(The Bull)

50 Meter Tire Flip

(No Tire? Sandbag Clean @ 75# x 25)

50 Meter "Farmer Carry" @ 40-70

5 Rope ascents or 25 Rope/Towel Pull Ups

Run 1 Mile

\*Scale to skill and strength: this will be VERY intense

(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*