

# 181008 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  
'Snatch Complex'

7 Each of: Dead Lift; Bent Row; High Pull; High Hang Snatch; Overhead Squat  
(12)

**Skill:** In Base

Maintain Skill Loads for Speed and Flexibility  
(5)

**Power/Strength:** 7 Rounds of Snatch Lift

3-3-3-3-3-3-3

<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. Scale 5's as moderate loads for skill and speed.

(18)

**MetCon/Stamina/Endurance:** 3 Rounds OTM

"On the Minute"\*

All Rounds: Burpee Pull Ups

Round One: 50 Sit Ups Round

Two: 50 Leg Lift

Round Three: 50 Reverse Crunch

\*Work each component for 1 minute. Move on to the next for 1 minute until you complete the Rx. Rest 1-2 minutes between rounds. Set up your circuit before beginning to prevent too much 'Down Time' between components.

(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*