

180709 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 BB Snatch Complex @ 95-135

5 Each: Finish one side before progressing to the other- 'Unbroken'*

SNATCH GRIP: DEAD LIFT, BENT ROW, HIGH PULL, HIGH HANG SNATCH, OVERHEAD SQUAT

*The Complex is to be completed w/o breaks. Rest at the end of the round and not during the protocols. Keep the loads @ Base loads

(12)

Skill: Sott's Press

(5)

Power/Strength: 6 Rounds of Snatch Lift

3-3-3-3-3-3

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

Scale to Skill and Strength

(18)

MetCon/Stamina/Endurance: 3 Rounds of 21-15-9 For Time

"Darren"

Kettlebell Skiings @ 1.5-2 Pod

25 Double Under's

Ring Push Ups

25 Double Under's

Plank Ring Pull Ups

25 Double Under's

GHD Sit Ups

25 Double Under's

Complete the components in the Rx as rapidly as possible: DU's between each component.

(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