

190118 Day Five: 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: ROM 2 Rounds of
Barbell Complex*
(12)

Skill: In Base
(5)

Strength: 5 Rounds of Power Clean
3-3-3-3-3

Work Scale Loads for Speed and Skill

MetCon: 3 Rounds of
5 Body Weight-Plus Dead Lift**

5 Push Press @ 135-Scale to Skill and Strength

**Scale for heavy loads +/- This is your gluteal and hamstring development that supplements your squat routine. Sheer strength.

(10)

Endurance/Stamina: "Abs" @ Tabata

3 Rounds of Tabata Abs

Reverse Crunches, 4 Count Flutter Kick, Cross-Over Sit Ups

(15)

*If you remain sore from the Chest and Leg Protocols Cut everything in half slowing the pace and lengthening the recovery time between components.

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