

180122 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 YHWH and quickly turns from his view of life to that of the Lord's view.

Base: ROM @ 3 Rounds of 9-15-9

Kettlebell Swing @ 1-2 Pood

Wall Extended Push Up

<https://youtu.be/5Q6vWst9vc4>

GHD Sit Ups

**(Scale loads for Range of Motion and Warm Up-DO NOT make this a MetCon)*

(12)

Skill: Overhead Squat @ Sandbag or MedBall

This modality will force balance and shoulder/achilles flexibility.

Use light loads and make it SKILL!

<https://youtu.be/5nW-9CxaFGE>

(5)

Power/Strength and Speed: 6 Rounds of
High Hang Snatch @ Moderate Loads 3-3-3

Snatch Lift @ 1-1-1-1-1-1

Increase loads but be careful of FORM BREAKS. Work with PERFECT, SAFE Loads.

Work on finding a new 1 RMS

See video link below for Snatch Lift

<https://youtu.be/7rZV5P3cAa4>

(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

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USE LOADS THAT YOU CAN SAFELY CONTROL!

MetCon: "MB Mania"

For Time

50 MedBall Toss

50 Pull Ups

(12)

Stamina:

1600 Meter Interval Run

4 Rounds of

Sprint 100, Jog 100, Sprint 100, Walk 100

Endurance: Run/Walk 1.5 Miles

Walk with Pack, Run-No Loads

(Run @ 12/Walk @ 15)

Stretch: Post WOD Stretching

https://youtu.be/aEX_JOB47R4

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