

Friday...11/16/18

## Description

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### Mindset:

“I have learned over the years that when one’s mind is made up, this diminishes fear.”  
–Rosa Parks

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### Nutrition:

[A Different Way to Coffee...](#)

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### Movement:

A. MWOD:

Front Rack Mobility

B. Weightlifting:

15min to find a Heavy Single for this complex:

Clean Grip Deadlift + Power Clean + Hang Clean + Split Jerk \*Must hold on to bar

\*No press outs

C. Metcon:

9min Ascending Ladder: 1-2-3-4-5-6-7-8-etc...

Clean & Jerks (135/95)

Box Jumps (24/20)

\*Cleans & Jerks can be power

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**Post WOD Recovery:**

Banded Front Rack Stretch – 1min/side

**Date Created**  
11/12/2018

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