



Skill Day

Today, practice clean and jerks. Split jerk or push jerk, your choice. Pick a weight from #15 to #75. If you are using a bar with no bumpers, start the bar at mid-shin. Use the hang position if it is more comfortable.

For a demo of the push jerk, go here. <http://media.crossfit.com/cf-video/cfj-nov-05/push-jerk.wmv>