

180213 Day Two: Dead Lift

Pro 29:9

If a wise man contends with a foolish man, Whether the fool rages or laughs, there is no peace.

It's a lost cause to argue with a fool. For when you do there is no longer one fool talking but two. A fool only desires to hear himself.

Base: ROM @ 3 Round of*

5 Body Weight Back Squat

10 Handstand Push Ups

5 Each Leg: Pistol Squats

*Scale for skill and strength working Full ROM (Range of Motion)

(12)

Skill:

Plank Variations

<https://youtu.be/BSdspgFhVQE>

(5)

Strength: 6 Rounds Dead Lift*

5-5-3-3-3-3

*Use the 5 Rep Rounds for 'Sumo' Style Dead Lift Protocol

(18)

MetCon / Stamina / Endurance:

"Kelly in Part"*

3 rounds for time of:

Run 400 meters

30 Box jump, 24 inch box

30 Wall ball shots, 20 pound ball

<https://crossfit.com/workout/>

*Scale to skill and time constraints. Kelly is 5 rounds long but serves us well as a 3 round protocol because of the additional components of BASE and POWER.

(20-25)

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