

# 150727 Monday Dead Lift

Pro 26:28

A lying tongue hates those who are crushed by it,  
And a flattering mouth works ruin.

*Reality is, if you lie, you hate the person you are lying to. Flattering someone is a ruin to them; it gibes them nothing real to build upon.*

**Base:** ROM (Range of Motion) 3 Rounds of 21-15-9  
Double Under Jump Rope  
Burpee Pull Ups  
Weighted Sit Ups  
(12)

**Skill:** Dead Lift @ PVC or Olympic Bar-perfect form  
(5)

**Strength:** 5 Rounds of 5 Dead Lift

5-5-5-5-5

Increase loads through the Rx. Begin @ 70-75% 1 RMDL Scale to skill and use loads that you can safely move. **Do Not Drop** the weight: lower to get the most return on your time investment.

(15)

**MetCon:** 5 Rounds for time of  
10 Sumo Dead Lift High Pull  
10 Hand Release Push Ups  
10 Box Jumps @ 24" Box  
(12)

**Stamina/Endurance:** For Time

Sprint 10 x 100

20 x 20 Starts: Start Sprint 10-Glide to 20-Repeat

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