

# 150706 Monday Dead Lift

Pro 26:12

Seest thou a man wise in his own conceit? there is more hope of a fool than of him.

**Base:** ROM (Range of Motion) 3 Rounds of 21-15-9  
MedBall Toss @ 10' Target  
Dive Bomber Push Ups  
4 Count Mountain Climber  
(12)

**Skill:** 'L' Hold @ OH Bar or Dip Station  
(5)

**Strength:** 8 Rounds of 3 Dead Lift  
3-3-3-3-3-3-3-3  
Continue to increase loads through all 8 Rounds. Begin  
@ 70-75% 1 RMDL  
Scale to skill and use loads that you can safely move.  
(15)

**MetCon:** 3 Rounds of 21-15-9  
Box-Over Jumps  
Split Jumps (Each Leg)  
Hand Release Push Ups  
(8)

**Stamina/Endurance:** For Time-AbCore200  
75 Sit Ups; 75 4 Count Flutter Kicks; 50 Leg Levers

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