

151130 Monday Sumo Dead Lift

Pro 29:15

The rod and rebuke give wisdom, But a child left to himself
brings shame to his mother.

*Spanking your son or daughter will remove their foolishness because all discipline in the Lord is a
productive cause.*

Base: ROM 3 Rounds of

10 Alternating Hands Forward and Back Push Ups

With one hand at the waist and one above the shoulder extended as
far as possible perform a Push Up. Reverse hands and repeat the Rx
for 1 Rep

21 Kettlebell Swings @ 1.5-2.0 Pood 50-70 lbs

15 MedBall Sit Ups

Sit Ups alternating the ball each rep from one hand to the other. Keep
the ball in full arm extension to the ceiling for each rep

(15)

Skill: 30 Alternating Hand DB Dead Lifts

Use a KB or DB and focus on the skill of the Dead Lift

(5)

Strength: 5 Rounds of Sumo Dead Lift

See @ https://youtu.be/8Hi_Ul5Mofg

8-6-4-4-Fail

8 @ 60% 1 RMBS; 6 @ 70%; 4 @ 80%; 4 @ 90%; Max
Reps to Fail @ 95%

Scale Loads to Skill and Strength

Do Not sacrifice Load for Form; work at a load that you can perform safely and with
perfect mobility and form. Be certain that the spine is locked, shoulders are pulled
back, and the hips are engaged for the entire lift: NO TURTLE BACK lifts.

TEMPO @ 4-0-4

Concentric (Raising the Load) @ 4 count; No pause at the top of the
lift but be sure to complete the lift; **Eccentric** (Lowering the Load) @
4 Count; Do Not stop at the bottom of the lift except to restart the
Concentric Contraction.

(18)

Chose ONE of the following to complete the Rx

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

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MetCon: "Samson's Shuffle"

SAMSON SHUFFLE: With a deck of playing cards. . .

Separate all the Face Cards including the Jokers from the Deck. This should give you 18 cards, 4 Kings, 4 Queens, 4 Jacks, 4 Aces, and 2 Jokers. Shuffle these 18 cards and place them in a stack by themselves. Take the remaining cards and shuffle them well. Place the numbered cards in a stack next to the Face Cards. You decide what each Face Card represents. All the remaining cards represent the number of reps for each exercise dictated by the Face Cards.

Place the Face Cards and Number Cards on the floor or grass in the center of your workout area

(Any open area approximately 50-60 feet wide so you can run or shuffle back and forth. If you don't have a large area you can jump rope for 60 seconds, perform 20-25 double unders, row 150 meters, execute 30-40 jumping jacks, standing row 15-20 Sumo Dead Lift High Pulls with 45-75#'s, or run in place for 60 seconds. The idea is to be active between each of the components).

Begin the WOD by completing the activity you chose to perform between the card draws. Continue the activity until you have completed a 30-60 second activity. Turn a Face Card over to see which exercise you are going to perform and then turn a Number Card over to find the reps you will be performing. Complete the exercise with the Rx number of reps. Repeat the activity circuit again returning to the cards. Turn another Face Card and Number Card to find out what you are doing next. Continue this protocol until you have turned over all of the face cards. Reshuffle the Face Cards and continue the protocol until you have exhausted either the Number Cards or yourself.

(20 Minute Cap)

Face Card Suggestions:

Kings=Burpee Pull Ups

Queens=Box Jumps

Jacks=High Hang Power Clean and Jerk @ 55-75

Aces=All of your choice exercises for each Face Card; Kings, Queens, and Jacks

Jokers=Perform 2x the number of reps Rx'd on the number card drawn

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Stamina: 100 Meters Overhead Walking Lunges @ 45

Give yourself a 10 Push Up or Sit Penalty for each rest interval.

Endurance: 400 Meter "Farmer Carry"

With a 50 pound DB or KB in each hand walk 400 Meters.

Give yourself a 10 Push Up or Sit Penalty for each rest interval.

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