

150908 Tuesday Dead Lift

Pro 28:8

One who increases his possessions by usury and extortion
Gathers it for him who will pity the poor.

You can't keep what you did not earn; it will eventually end up in somebody else care.

Base: ROM 5 Rounds of

10 Burpee Box Jumps

Perform Burpee and immediately jump forward as far and as high as possible. As soon as you land perform another repeating without pause. Spend as little time as possible on the floor.

10-Handstand Push Ups

See @ https://youtu.be/_z6JgP219T8

(12)

Skill: 30 Single Leg Dead Lifts @ Oly Bar, 45-75
Scale to SKILL-MAKE IT A SKILL COMPONENT! Work on hip and spine components.

(5)

Strength: 6 Rounds of Dead Lift

6-5-4-3-2-1

Begin @ 75-80% 1 RMDL: Increase loads through the component Rx.

Find a new 1 RMDL

Use the negative (lowering the loads) **to further stimulate muscle growth and power.**

MetCon: On-The-Minute for 10 Minutes

10 Sumo Dead Lift High Pulls

10 Side-Walking-Push Ups

(10)

Stamina: Abdominal Core "Tabata"

1 @ Sit Ups

1@ 4 Count Flutter Kicks

Endurance: In MetCon

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