

# 150720 Monday Sumo Dead Lift

Pro 26:22

The words of a talebearer are like tasty trifles,  
And they go down into the inmost body.

*Lies and Gossip sound good at first but penetrate the deepest recesses of the heart producing sorrow.*

**Base:** ROM (Range of Motion) 3 Rounds of 21-15-9  
Side-Walking-Push Ups  
Side-To-Side Cone Jumps @ 12"-16" Cones  
Burpee's  
(12)

**Skill:** 'Sumo Dead Lift' @ Olympic Bar  
(5)

**Strength:** 10 Rounds of Sumo Dead Lift  
(This will be a challenge)

10-8-6-4-3-2-1

Increase loads through the Rx. Begin @ 60-65% 1 RMDL Scale to skill and use loads that you can safely move. **Do Not Drop** the weight: lower to get the negative return on your time.

(15)

**MetCon:** 10 Rounds for time of  
5 Pull Ups  
10 Push Ups  
15 Air Squats  
(12)

**Stamina/Endurance:** For Time  
Run/Walk 1600: Sprint 100/Jog Backward 100 for 1 mile.

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