

# 180724 Day Two: Dead Lift

Pro 29:9

If a wise man contends with a foolish man, Whether the fool rages or laughs, there is no peace.

*It's a lost cause to argue with a fool. For when you do there is no longer one fool talking but two. A fool only desires to hear himself.*

**Base:** ROM @ 3 Rounds of  
8 Back Squat @ 45-75% Body Weight  
25 Meter 'Farmer Carry' @ 35-70

Clock Push Up-Feet in Rings @ 12-3-6-9-12-12-9-6-3-12

## **Scale to Skill and Strength**

(15)

**Skill:** Dead Lift Protocols

Skill and Technique Use Empty Oly Bar

See @ <https://youtu.be/op9kVnSso6Q>

(5)

**Strength:** 7 Rounds of Dead Lift\*

5-5-5-3-3-3-3

## **\*Scale to Skill and Strength**

Use Heavy Loads and Full ROM increase loads @ 3's

See video link below for safety tips on Squat Fails

<https://youtu.be/op9kVnSso6Q>

(18)

**MetCon / Stamina / Endurance:** 3 Rounds of

## **“TIME OUT X”\***

One Minute Rounds w/20 Second Recovery

Ring Roll Outs (Knees or Toes)

[https://youtu.be/atkbT\\_JEZLA](https://youtu.be/atkbT_JEZLA)

MedBall Clean and Toss

Ring Push Ups

(Elite Trainees Feet on Bench)

**\*Scale to Skill and Strength**

(18)

## 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