

150115 Thursday Sumo Dead Lift

Pro 21:21

He that followeth after righteousness and mercy findeth life, righteousness, and honour.

Base: ROM 2 Rounds of
10-8-6-4-2

Single Leg Dead Lift Each Leg
MedBall Toss @ 10' Target
(12)

Skill: Plank Variations: Hands and feet on MedBalls
Place hands and feet on the MB and work
4, 3, and 2 Point Planks
I like this; let's do it again!
(5)

Strength: 4 Rounds of
8-10 Sumo Dead Lifts
(8)

MetCon: 3 Rounds for time of
5 Dead Lift @ 1.5 Body Weight
20 Box Jumps
(10)

Stamina: In MetCon

Endurance: 3 x Failure of Spider Cross-Over Sit Ups

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