

# 180130 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 Round of

5 Body Weight Back Squat\*

5 Each Side-Sandbag Get Ups

\*Scale for skill and strength working Full ROM for ROM

**THIS IS NOT MEANT TO BE A METCON!**

(12)

**Skill:**

Plank Variations

<https://youtu.be/BSdspgFhVQE>

(5)

**Strength:** 6 Rounds Dead Lift

8-6-5-5-5-3

Find a new 3 Rep Max Dead Lift

(18)

**MetCon / Stamina / Endurance:**

2 rounds for time of:

Run 1 mile

100 sit-ups

See @ CrossFit Wednesday 180124

<https://crossfit.com/workout/>

(20-25)

**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*