

180522 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. If or when you do there is no longer one fool talking but two. A fool only desires to hear himself.

Base: ROM @ 5 Rounds of
10 Sandbag Squats or Walking Lunges @ 35-75
10-24" Box Jumps or Steps
20 GHD Sit Ups

Scale to Skill and Strength

(15)

Skill:

Single Leg Dead Lift @ DB-Lite Load

(5)

Strength: 6 Rounds of Dead Lift*

5-5-5-3-3-3

***Scale to Skill and Strength**

(18)

MetCon / Stamina / Endurance: 3 Rounds of *

"NO EXCUSES"

One Minute Rounds w/20 Second Recovery

Burpee's

Walkouts w/o Push Ups**

Jump Rope-Double Under's

Handstand Push Ups

***Scale to Skill and Strength**

**Standing Position, place hands on the floor next to the toes. Walk the hands out as far as possible extending the Plank. Walk the hands back to the toes and stand for one rep.

(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