

# 150817 Monday Sumo Dead Lift

Pro 27:15-16

A continual dripping on a very rainy day And a contentious woman are alike; Whoever restrains her restrains the wind, And grasps oil with his right hand.

*Don't marry a contentious woman; you will have no rest. You may as well try to hold oil in your hand.*

**Base:** ROM 3 Rounds of  
10 Burpee Pull Ups

Perform a Burpee and on the jump grab the bar and execute a Pull Up  
15 MedBall Toss @ 10' Target  
(12)

**Skill:** Dumbbell Single Leg Dead Lift

Stand on one foot and execute 4-5 Single Leg Dead Lifts with a DB in the hand of the standing leg. Switch hands and repeat balancing on one foot and performing a perfect form DL

(5)

**Strength:** 6 Rounds of Sumo Dead Lift

6-5-4-3-2-1

Increase loads through the Rx. Begin @ 75-85% 1 RMSDL Scale to skill and use loads that you can safely move. **Do Not Drop** the weight.

(15)

**MetCon:** 10 Rounds for time of  
100 Jumps; Jump Rope-Any protocol

Regular Jumps; Side-To-Side; Rt/Lt, etc. Break the routine often

5 Sumo Dead Lift High Pull @ 75  
10 Weighted Sit Ups @ 45

(15)

**Stamina:** In MetCon

**Endurance:** For Time

1600 Jog

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