

# 150407 Tuesday Dead Lift

Pro 24:8

He that deviseth to do evil shall be called a mischievous person.

**Base:** ROM 5 Round of  
10 Sumo Dead Lift High Pull @ 75  
10 Samson Push Ups  
10 MedBall Toss @ 10' Target  
(15)

**Skill:** Dead Lift Skill  
Work on Dead Lift Skill: see DL Video **here**  
<https://youtu.be/qCGtwPhfGf4>  
(5)

**Strength/Power:** 10 Rounds of 1 Dead Lift @ 90-95%  
1-1-1-1-1-1-1-1-1-1  
Begin with 90-95% of your 1 RMFS and continue to add weight until you complete the component or your form breaks. In 10 rounds find a new 1 RMBS  
(15)

**MetCon:** "1 and 1"  
Begin with 1 ManMaker and 1 Pull Up. Each 90 Seconds add 1 additional MM and PLU to your total until you cannot complete the components in 90 Seconds. If you fail before completing 5 rounds continue at your best pace for 5 Rounds.  
(20)

**Endurance/Stamina:**  
In Base/MetCon

**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