

150414 Tuesday Sumo Dead Lift

Pro 24:15-16

Lay not wait, O wicked man, against the dwelling of the righteous; spoil not his resting place: For a just man falleth seven times, and riseth up again: but the wicked shall fall into mischief.

Base: ROM 5 Round of
10 Burpee Broad Jump
10 Side-Walking Push Ups
10 MedBall Clean and Toss @ 10' Target
(15)

Skill: Sumo Dead Lift Skill

Strength/Power: 10 Rounds of 1 Sumo Dead Lift

1-1-1-1-1-1-1-1-1-1

Begin with 70-85% of your 1 RMSDL and continue to add weight until you complete the component or your form breaks. In 10 rounds find a new 1 RMSDL

(15)

MetCon: "What the Deck?"

Using a deck of playing cards with 'Hearts' representing Burpee's, Diamond's representing Push Ups, Club's representing MedBall Toss, and Spade's representing Pull Ups perform the number of repetitions and components as you draw from the pile. Aces=15, King's=13, Queen's=12, Jack's=11, and all others their numerical equivalent.

105 Reps Each: MetCon cap is 20 Minutes.

(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