

150224 Tuesday Dead Lift

Pro 23:10

Remove not the old landmark; and enter not into the fields of the fatherless:

Base: ROM 3 Rounds of
20 Kettlebell/Dumbbell Clean & Jerk
20 4-Count Mountain Climber
20 Side Walking Push Ups
(20 Total Reps in each component)
(12)

Skill: 30 @ DB Single Leg Dead Lift each leg
(5)

Strength/Power: 5 Rounds of 5
Dead Lifts @ 85% 1 RMSDL.
(12)

MetCon: "No Mo" For Time
10-9-8-7-6-5-4-3-2-1 Sumo Dead Lift High Pull
1-2-3-4-5-6-7-8-9-10 Handstand Push Ups
10 SDLHP & 1 HSPU; 9 SDLHP & 2 HSPU; 8 SDLHP & 3 HSPU
(14)

Endurance/Stamina: In 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