

151221 Monday Dead Lift

Pro 29:12

If a ruler pays attention to lies, All his servants become wicked.

Leaders who lie propagate servant who lie and are disloyal

Base: ROM 3 Round of
21-15-9
Alternating Hand Forward/Back Push Ups
Box Jumps @ 24" Box
Pull Ups
(15)

Skill:

30 Overhead Squat @ 55-135
See @ <https://youtu.be/CqnxSlyvr-k>
(5)

Strength: 8 Rounds of Dead Lift/Sumo DL
8 @ 50% Sumo
6 @ 55% Sumo
5 @ 60% Standard
4 @ 70% Sumo
3 @ 80% Standard
2 @ 85% Standard
2 @ 90% Standard

SCALE TO SKILL AND STRENGTH

Do Not sacrifice Skill for Load

Work with loads that produce max efforts but. . .

DO NOT

Sacrifice Form for loads: Keep spine locked with full ROM

4-0-4

Do Not Drop the weights

(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

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Please Pay Close attention to the Cap Times (**Time Limit**) located below each of the Components
(Located Here below each Component)

Chose ONE of the following to complete the Rx

MetCon: 4 Rounds of
50 Double Under Jump Rope
15 Kettlebell Swings @ 35-75
5 Double Push Up Burpee
With each Burpee 2 PU's instead of 1
(15)

Stamina:
400 Meter Overhead Walking Lunge @ 45-75
10 PU Penalty for each drop
(12)

Endurance: 4 Rounds of
Run 400 or Row 20 Calories
30 Push Ups and 50 Sit Ups between 400's
(15)

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Col. 3:17