

180605 Day Two: Dead Lift

Pro 29:9

If a wise man contends with a foolish man, Whether the fool rages or laughs, there is no peace.

It's a lost cause to argue with a fool. For when you do there is no longer one fool talking but two. A fool only desires to hear himself.

Base: ROM @ 5 Rounds of
5 Back Squat @ 65% Body Weight-Keep loads @ Warm Up levels
50 Meter "Farmer Carry" @ 35-70
8-4 each side: Sandbag Get Ups @ 45-75

Scale to Skill and Strength

(15)

skill: 50 Meter OH Walking Lunges @ 25-45

(5)

Strength: 6 Rounds of Dead Lift*

5-5-5-3-3-3

***Scale to Skill and Strength**

(18)

MetCon / Stamina / Endurance: 3 Rounds of

"TIME OUT II"*

One Minute Rounds w/20 Second Recovery

'T' Row Push Ups**

Sandbag or Oly Plate Clean and Jerk 25-75***

Jump Rope Regular Jumps

***Scale to Skill and Strength**

**Perform a regular Push Up. From the top of the 'Plank' lift the right or left hand off the floor rotating the body to from a 'T' one hand on the floor the other pointing to the sky. You should be in a 'side plank'. Return to the start position repeating the Rx on the opposite side for 2 reps.

***With an SB/MB/Oly Plate in your hands, squat in a perfect Dead Lift/Squatting position touching the plate to the floor between your feet. Clean and press the weight overhead. Repeat this Rx as rapidly as possible avoiding hitting yourself in the chin or forehead with the plate.

(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