

181030 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 3 Rounds of 21-15-9

Pull Ups

Clock Push Ups

Single Hand MedBall Sit Ups alternating hands.

Scale by performing the SU with both hands.

(12)

Skill:

25 Meters MedBall Overhead Walking Lunges

See link below

https://youtu.be/otWKuk_hKkY

(5)

Strength: 5 Rounds of Dead Lift

5-5-5-5-5

Maintain Proper Form: Back Straight-Spine Tight

Work early rounds with moderate loads increasing loads without form breaks. When/if form breaks drop down loads to complete the component safely and efficiently.

Take care to safety: be certain to maintain a tight spine-NO

TURTLE BACK stuff!!!!!!!!!!!!!!!!!!!!!!

(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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MetCon: 5 Rounds for time of
3 Body Weight Back Squat
6-3 each side-Sandbag Get Up*
10-Wide Grip Bent Row @ 95-135
10 Toes-2-Bar

*<https://youtu.be/RC7BFsclSoM>

(12)

Stamina: For Time
50 Strict "Navy Seal" Push Ups
<https://youtu.be/GmHzUfFBrN8?t=36s>

50 "Butterfly" Sit Ups
https://youtu.be/_HDZODOx7Zw

(8)

Endurance:
10 x 100 Sprints
R&R as needed
(12)

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