

# 151116 Monday Dead Lift

Pro 29:8

Scoffers set a city aflame, But wise men turn away wrath.

*People who laugh at truth and scorn right living are the cause of a nations hardship. Wise men fight against evil and embrace good.*

**Base:** ROM 3 Rounds of  
Dumbbell or "Kettlebell Complex"

Perform the Rx using either a DB or KB. Work the Rx by completing either the right or left side before moving on to the other. Do Not use two DB's or KB's.  
Scale loads to Skill and Strength

KBC: 6 Reps of each of the following

Dead Lift

High Pull

High Hang Clean

High Hang Clean and Jerk

High Hang Snatch

Overhead Squat

(14)

**Skill:** 30 Overhead Squat

See @ <https://youtu.be/hx9vku004Y>

(5)

**Strength:** 5 Rounds of Dead Lift

8-6-4-4-Fail

8 @ 60% 1 RMDL; 6 @ 70%; 4 @ 80%; 4 @ 90%; Max Reps to  
Fail @ 95%

Scale Loads to Skill and Strength

Do Not sacrifice Load for Form; work at a load that you can perform safely and with perfect mobility and form

**TEMPO @ 4-0-4**

**Concentric** (Raising the Load) @ 4 count; No pause at the top of the lift; **Eccentric** (Lowering the Load) @ 4 Count; Do Not drop the weight. Slight touch on the floor but Do Not allow the load to rest on the floor. Restart the Rx immediately

(25)

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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Chose ONE of the following to complete the Rx

**MetCon:** "Samson's Shuffle"

**SAMSON SHUFFLE:** With a deck of playing cards. . .

Separate all the Face Cards including the Jokers from the Deck. This should give you 18 cards, 4 Kings, 4 Queens, 4 Jacks, 4 Aces, and 2 Jokers. Shuffle these 18 cards and place them in a stack. Take the remaining cards and shuffle them well. Place the numbered cards in a stack next to the Face Cards. You decide what each Face Card represents. All the remaining cards represent the number of reps for each exercise dictated by the Face Cards.

Place the Face Cards and Number Cards on the floor or grass in the center of your workout area

(Any open area approximately 50-60 feet wide so you can run or shuffle back and forth. If you don't have a large area you can jump rope for 60 seconds, perform 20-25 double unders, row 150 meters, execute 30-40 jumping jacks, standing row 15-20 Sumo Dead Lift High Pulls with 45-75#'s, or run in place for 60 seconds. The idea is to be active between each of the components).

Begin the WOD by completing the activity you chose to perform between the card draws.

Continue the activity until you have completed a 30-60 second activity. Turn a Face Card over to see which exercise you are going to perform and then turn a Number Card over to find the reps you will be performing. Complete the exercise with the Rx number of reps. Repeat the activity circuit again returning to the cards. Turn another Face Card and Number Card to find out what you are doing next. Continue this protocol until you have turned over all of the face cards. Reshuffle the Face Cards and continue the protocol until you have exhausted either the Number Cards or yourself.

## Face Card Suggestions:

**Kings**=Dive Bomber Push Ups, Push Ups, Side-to-Side PU's, Punching PU's

**Queens**=Burpee's, 4 Count Mountain Climber, MedBall Toss, Box Jumps, Split Jumps

**Jacks**=Air Squats, Overhead Squats, Single Leg Squats, Jump Knee Tuck, Drop Squats

**Aces**=All of your choice exercises for each Face Card; Kings, Queens, and Jacks

**Jokers**=Perform 2x the number of reps Rx'd on the number card drawn

Be creative. I love these modalities because I can be innovative and have a great WOD at the same time.

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**Stamina:** Jog, Swim, Row, or Ride 20 Minutes

**Endurance:** "Tabata"

2 Rounds @ 1 each

Sit Ups

4 Count Flutter Kick

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