

## 181127 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 Round of  
10 Sandbag Get Ups @ 75-Scale  
10 Toes-2-Bar  
10 Handstand Push Ups  
(12)\*\*

\*\*Stay with the CAP: if you cannot complete the components within the CAP time stop and move on to the **NEXT** component.

Scale components and reps within the Rx to accommodate skill and strength

**Skill:** Plank Hold @ PU Position  
2 rounds of 2 minutes each  
(5)

**Strength:** 6 Rounds of Olympic Bar Dead Lift  
8-6-5-3-2-1  
Increase Loads through the Rx  
<https://youtu.be/op9kVnSso6Q>  
(15)

**MetCon/Stamina:** On-The-Minute for 12 Minutes\*  
Burpee's w/Push Up  
Pull Ups  
Crunches, Sit Ups, 'V' Sit, Reverse Crunch  
\*All out Tabata Style work for :40 Rest :20  
(12)

**Endurance:** In Stamina  
(12)

**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*