

## 180424 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

10 ManMakers-25-40#

10 Reverse Grip Pull Ups (Thumbs Out)

10 GHD Sit Ups

**Scale to Skill and Strength**

(15)

**Skill:**

Front Squat

Keep Elbows high and heels flat to the floor. Head, Chest, up; Hips engaged.

<https://youtu.be/m4ytaCJZpl0>

(5)

**Strength:** 5 Rounds of Dead Lift\*

5-5-5-5-5

**\*Scale to Skill and Strength**

Work on Lowering the Bar fully under control. Do Not drop the load at the end of the lift. Use the Eccentric portion of the lift for greater muscle stress.

(18)

**MetCon / Stamina / Endurance:** 15 Minute AMRAP of:

“Anna”

Run 400

5 Body Back Squats

5 Bar Dips

(15)

**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*