

150310 Tuesday Dead Lift

Pro 23:18

For surely there is an end; and thine expectation shall not be cut off.

Base: ROM 1 Round of
30 Kettlebell Swings @ 1.5-2.0 Pood
15 Burpee Box Jumps
30 Alternating Hand Forward/Back Push Ups
Right hand above the head, left hand next to the waist: perform a Push Up. Switch hands and repeat.

(9)

Skill: Plank Hold @ 2 x 2 Minutes
(5)

Strength/Power: 5 Rounds of 5
Dead Lifts @ 85% 1 RMSDL.
"NO DROP"

Use the time under tension (TUT) for greater muscle size and strength.

(12)

MetCon: 3 Rounds For Time of
50 Double Unders
15 Side-Over-Side Push Ups

Place your rt. or lt. hand on a MedBall or Plate. Perform a Push Up with one hand on the floor and the other on the MB or Plate. Quickly switch hands and perform another PU with the opposite hand on the MB or Plate. Equals one rep...

(12)

Endurance/Stamina: In MetCon

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