

130326 TUESDAY (1) DEAD LIFT 5 RM

"He who spares his rod hates his son, But he who loves him disciplines him promptly."

NKJV

Proverbs 13:24

Base: (10 Minute Cap) ROM / 4 Rounds of Daisy's;

Skill: (5 Minute Cap) Dead Lift;

Strength: Dead Lift 5 Rep Max-5 x 5; work for a new 5 RM @ 5-5-5-5-5 (25);

MetCon: 5 Rounds for Time of: 9-15-21-15-9, Sumo Dead Lift High Pull @ 95/75/55, Barbell Bent Row, Burpee Pull Ups.*

Stamina: 100 Walking Lunges;

Endurance: 50 GHD Sit Ups

*(Novice and Competitor WOD @ 21-15-9.)



"Ah, lunch time!"

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