

## 181002 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 @ 1 Round of\*

20 Sandbag Get Ups 10 Each Side @ 45-75

20 Ring Dips

\*Scale for skill and strength working Full ROM (Range of Motion)

**Make it "Base" an not a MetCon**

(15)

**Skill:**

Moderate Weight Back Squat

Work the full ROM emphasizing the bar line keeping the load on the centerline of the body w/the hips fully engaged forward.

(5)

**Strength:** 7 Rounds of Dead Lift\*

5-5-5-4-3-2-1

Add loads to each round maintaining form and safety

\*Scale to Skill and Strength while finding a new End WOD 1 RMDL

(18)

**MetCon / Stamina / Endurance:** For Time 2 Rounds of

“שמח”

(“Happy”)

15 Box Jumps @ 24” Box

15 Behind the Neck Pull Ups Wide Grip

10 Back Squat @ Body Weight

12 Atomic Push Ups <https://youtu.be/Wp6-x5Tg2gk>

(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