

180327 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. If or when you do there is no longer one fool talking but two. A fool only desires to hear himself.

Base: ROM @ 10-9-8-7-6-5-4-3-2-1*

3/4 Body Weight Back Squat

Body Weight Bench Press

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

Make it "Base" an not a MetCon

(15)

Skill:

Plank Hold @ PU Position

2 Rounds of 2 Minutes w/60 Second R&R Between Rounds

(5)

Strength: 6 Rounds of Dead Lift*

5-5-4-4-3-3

Add loads to each round maintaining form and safety

*Scale to Skill and Strength-Avoid Dropping the load. Use the Eccentric phase of the lift to develop greater Stamina.

(18)

MetCon / Stamina / Endurance: For Time

"Obadiah"

Complete as many rounds in 12 minutes as you can of:

5 Sandbag Overhead Squat

25 Double Under Jump Rope

5 GHD Sit Ups

(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