

180313 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 @ 3 Round of*

10 Front Squats

10 Box Jumps

10 Burpee Pull Ups

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

(12)

Skill:

Single Leg Dead Lift @ Olympic Bar

Hold the bar to the side and execute by side

(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

(18)

MetCon / Stamina / Endurance: For Time

“Don”

21-15-9

Back Squat @ 135-225*

Body Weight Hand Stand Push Ups

Plank Pull Ups

*Scale to Skill and Strength

(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