

# 151020 Tuesday Dead Lift

Pro 28:19

He who tills his land will have plenty of bread, But he who follows frivolity will have poverty enough!

*If you don't work you don't eat.*

*(Unless you live in the United States of America where everything is free to some and costs others far too much.)*

**Base:** ROM 3 Round of  
10 High Hang Cleans @ 75-95  
10 Burpee Pull Ups  
(12)

**Skill:** 2 @ 2 Minute Plank Hold  
60 Second R&R Between Rounds  
(5)

**Strength:** 4 Rounds of Dead Lift  
8 @ 50%  
6 @ 60%  
4 @ 70%  
Failure @ 80%  
As many reps as possible @ Rx Tempo

## SCALE TO SKILL AND STRENGTH

Work @ "NO DROP" protocol @ 4-2-0-4 TUT  
Use the Eccentric portion of the lift to keep the load under tension for greater muscle development.

(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

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Chose ONE of the following to complete the Rx

**MetCon:** Run or Row 1600

4 Rounds of

400 Meter Run or Row

Between each 400 Do 20 Double Under Jumps and 20 Sit Ups

(15)

**Stamina:**

1-3 Mile 20-50 Back Pack Hike

(Moderate Pace)

**Endurance:** 1600 Meter Run, 3200 Meter Row, or 500 Meter  
Swim

(10)

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