

# 180102 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 25 Each\*

Alternating Hand Extended Push Ups

Sandbag Sit Ups @ 35-75

Bar or Ring Dips

\* Scale for skill and strength working Full ROM for ROM-THIS IS NOT MEANT TO BE A METCON! Work one side of 5 then progress to the other.

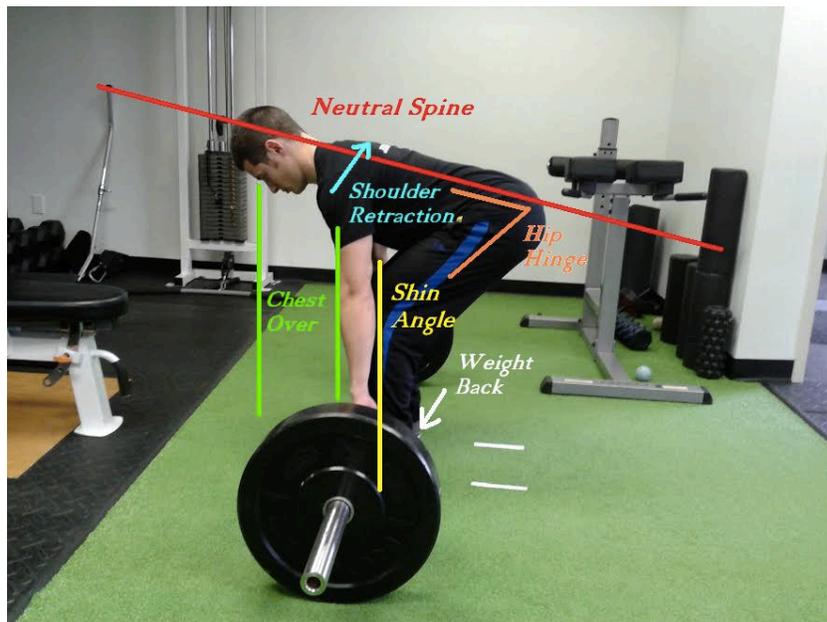
(12)

Skill:

PLANK VARIATIONS

Work on the Skill.

(5)



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

# 180102 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.*

**Strength:** Dead Lift

4 Rounds of Body Weight plus

Maintain Proper Form: Back Straight-Spine Tight

5 @ BW+20, 5 @ BW+50, 3 @ BW+100, 1-2 @ BW+150

**Work at manageable loads. You may scale for your skill and strength. Be certain to maintain perfect form and safety.**

(18)

**MetCon:** "Warrior"

On-the-Minute for 10 Minutes

Add One Rep of each components each minute.

R&R in the time remaining of the minute\*

1 Body Weight Back Squat

1 Pull Up

\*Minute One: 1 BS and 1 PLU; Minute Two: 2 BS and 2 PLU; Minute Three: 3 BS and 3 PLU; Minute Four: 4 BS and 4 PLU. Follow protocol for the components adding 1 Rep to each Component until you are unable to finish a Minute Round of reps. You are done when you cannot complete the work within the Minute.

(10 or When you fail to complete the reps)

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

# 180102 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.*

**Stamina:** See MetCon

(10)

**Endurance:** See Stamina

(10)

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*