

FRIDAY 130222 (1) DEAD LIFT 1 RM

"The blessing of the LORD makes [one] rich, And He adds no sorrow with it."

NKJV

Proverbs 10:22

"Aaron"

*Base: ROM / 100 Each

Overhead Walking Lunges @ PVC

Meter Bear Crawl

Double Under's

Can't do DU's? 200 Regular

(Elite-Full, Competitor-50, Novice-25)

*Skill: Dead Lift

See Video

*Strength: 1 Rep Max Dead Lift- 13 Minute Cap

(Elite-Full, Competitor-Scale Loads, Novice; Form Lifts; 3-5 Reps each round.
Work on Technique at manageable perfect form loads. Max 95#)

1-1-1-1-1

Begin with 20-30 under your old 1 RM. If you do not have one use a weight that you can easily manage for 4-5 Reps. Add weight until form breaks, or you reach a new 3 RM. Complete the component with perfect form, no ego lifts.

Weight will come with skill and endurance.

*MetCon: "Diane" We thank CrossFit for this MetCon. 3 Rounds of
21-15-9

Body Weight Dead Lift

Ring Push Ups

Substitute RPU's with Plyo Push Up-Clapping Push Up

From the bottom of the Push Up explode off the floor clapping the hands together in the air; one rep.

(Elite-Full Competitors-Full; Scale Loads, Novice 3 Rounds of 9-9-9; use the Olympic Bar or 45# max. Concentrate on form and technique)

***Stamina:** Row/Run 800-400-200-100-100-200-400-800

R&R 1/2 bout time

(Elite-Full, Competitors-Omit the 800's, Novice Omit 800's & 400's)

***Endurance:** AbCore 250

(Elite-Full Competitors-175; Novice-100)

***Training Levels:** Elite-Competitors-Novice WOD components are color coded and annotated for scaling. Always scale loads and reps to skill and strength level. Train hard with purpose and have fun. . .



“Just because the wolf has eaten your enemy, do not believe that he has become your friend.”

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](#)