

180116 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
5 Body Weight Back Squat
10 Each Side "Renegade Row" @ Moderate Loads
10 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.

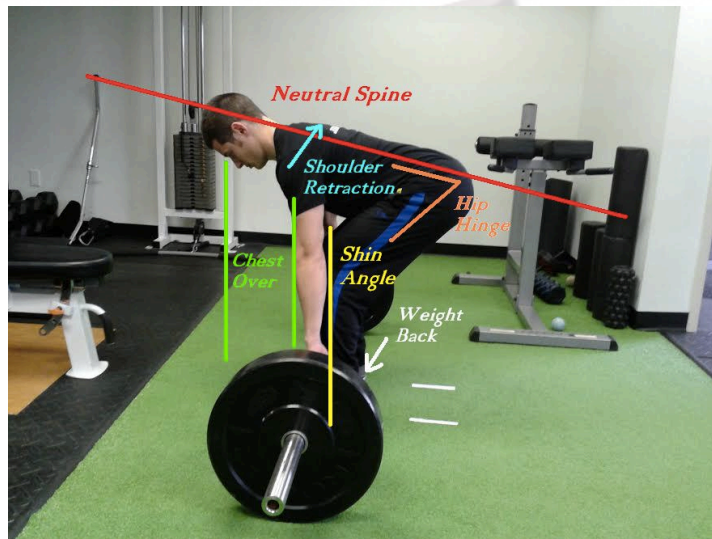
(12)

Skill:

50 Air Squats

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

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Strength: 8 Rounds Dead Lift

3-3-1-1-1-1-1-1

Use the 8 rounds to find a new SAFE/PERFECT FORM Dead Lift

(18)

MetCon: "Warrior II"

For Time: 5 Rounds of

10 Side Walking Push Ups (Left Side & Right Side=1 Rep)

10 'Snatch Grip' Bent Row @ Moderate Load

10 Toes-2-Bar

10-2 Count 'Split Jump'

Stamina: 1600 Meter Race Pace

(10)

Endurance: 800 Meter Farmers Carry @ Moderate Load

(12)

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