

150623 Tuesday Sumo Dead Lift

Pro 26:9

As a thorn goeth up into the hand of a drunkard, so is a parable in the mouth of fools.

Wisdom is relatively meaningless to a fool in the same way a drunk has his senses dulled.

Base: ROM 3 Rounds of
10 Single Leg Dead Lift each leg DB/BB
10 4 Count Mountain Climbers
10 Burpee Broad Jump

Perform a Burpee, but instead of returning to the standing position jump as far forward as possible. Leap forward quickly eliminating prolonged contact with the floor; the quicker-the better!

(12)

Skill: Dead Lift @ 45-95

Perform the Dead Lift with the barbell or PVC. Practice the 'Hook' grip leg extension to the stand. Work on hip intervention.

Strength/Power: 5 Rounds of 5 Sumo Dead Lift 5-5-5-5-5
Begin with 70-75% of your 1 RMSDL and continue to add weight until form breaks or you complete the component. Stay within a 4-6 rep ratio. Maintain proper form. Scale to skill and strength.

(15)

MetCon: "Gorilla"

15 Minute AMRAP of:
30 Double Under Jump Rope
No DU's? 75 Regulars!
10 Pull Ups
20 4 Count Flutter Kicks

(15)

Endurance/Stamina: In MetCon

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