

180710 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 @ 5 Rounds of
5 Back Squat @ 65% Body Weight-Keep loads @ Warm Up levels
25 Meter Farmers Carry @ 50-70#
Clock Push Up @ 12-3-6-9-12-12-9-6-3-12

Scale to Skill and Strength

(15)

Skill: Single Leg Dead Lift @ BB

(5)

Strength: 8 Rounds of Dead Lift*

5-5-5-3-3-2-2-1

***Scale to Skill and Strength**

Use Heavy Loads and Full ROM. Work to find an end WOD DL Max

(18)

MetCon / Stamina / Endurance: 3 Rounds of

“TIME OUT VII”*

One Minute Rounds w/20 Second Recovery

Squat Jump Knee Tuck

BB/Ring ‘Roll Outs’

<https://youtu.be/O-d6HC9gLcw>

Incline PU's Feet on Bench

***Scale to Skill and Strength**

(18)

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