

# 150914 Monday Sumo Dead Lift

Pro 28:5

Evil men do not understand justice,

But those who seek the LORD understand all.

*Evil men have no capacity to understand justice, righteousness, or integrity. Men who seek the Lord understand all things.*

**Base:** ROM 3 Rounds of  
10 Clock Push Ups

Begin @ 12 o'clock and progress to 3,6,9,12,12,9,6,3,12

15 Cone Jump Knee Tuck Front-To-Back

Place a 12" cone or soft object in front of you. Jump over the cone tucking the knees to the chest. Land 'Like a Ninja' (Soft and Quiet) and repeat jumping backward.

10 4 Count Mountain Climbers  
(15)

**Skill:** 30 DB or Kettlebell Single Leg Dead Lift

Hold a KB or DB in the hand of the standing leg. Lower the load to the floor and return to standing balancing on the standing leg. Bend the knee. This is NOT straight leg DL.

Rookies: Dead Lift Single Leg with PVC or Empty hand.  
(5)

**Strength:** 5 Rounds of Sumo Dead Lift

10-8-6-5-4

Increase loads through the Rx. Begin @ 55-65% 1 RMSDL  
(15)

**MetCon:** As Many Rounds as Possible in 12 Minutes of  
10 DB Squat Clean-Thruster @ 35-55  
7 Wide Grip Pull Ups  
(12)

**Stamina/Endurance:** Three "Tabata" Rounds of  
Sit Ups; Reverse Crunch; Knees-To-Elbows

"Tabata": 8 Sets of :20 all out exercise followed by :10 Rest. Rest  
1 Minute between rounds.

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