

THURSDAY 130131 (3) DEAD LIFT

“Wisdom rests in the heart of him who has understanding, But [what is] in the heart of fools is made known.”

NKJV

Proverbs 14:33

Base: ROM / 4 Rounds of Curtis ‘P’ (10 Minute Cap)

Skill: Dead Lift (5 Minute Cap)

See Training Video @

<http://youtu.be/pjBI9qxibTc>

Strength: 5 Rounds of Dead Lift. (15 Minute Cap)

5-5-5-5-5 (25)

Scale loads.

Maintain Form with each rep.

MetCon: 5 Rounds for time of:

3 Rope Ascents: Sub 6 Towel Pull Ups for each ascent.

5 Body Weight Dead Lifts

50 Speed Jumps w/Jump Rope

Regular, Side-To-Side, Singles, Double Under’s etc.

Speed is the key; do them AFAP

Stamina: Tabata Protocol 3200

http://en.wikipedia.org/wiki/High-intensity_interval_training

Endurance: Buddy Carry 400 Meters

No Buddy? Sandbag @ 75



Base: Rx / Skill: 50% Rx Scale Loads

Strength: Rx; Scale Loads to Strength and Skill

MetCon: 3 Rounds @ scaled loads

Stamina: Tabata 1000.

Endurance: Buddy Carry 100

COMPETITOR

Base / Skill: as Rx'd
MetCon: Rx
Scale Loads to Skill and Strength
Stamina: 2000
Endurance: Rx

ELITE

As Rx'd



"OK, When I say 'GO' let's Bear Pile on George!"

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