

150303 Tuesday Sumo Dead Lift

Pro 23:13

Withhold not correction from the child: for if thou beatest him with the rod, he shall not die.

Base: ROM 3 Rounds of
20 Kettlebell Swings @ 1.5-2.0 Pood
15 4-Count Mountain Climber
10 Alternating Hand Forward/Back Push Ups
Right hand above the head, left hand next to the waist: perform a Push Up. Switch hands and repeat.
(12)

Skill: 30 @ Olympic Bar Single Leg Dead Lift each leg.
Use 55-95# if possible
(5)

Strength/Power: 5 Rounds of 5
Sumo Dead Lifts @ 85% 1 RMSDL.
"NO DROP" Use the time under tension (TUT) for greater muscle size and strength.
(12)

MetCon: 5 Rounds For Time of
20 Double Unders
10 "Samson Burpee"

Samson Burpee: Begin in the standing position of a Burpee. Drop to a plank and perform a Push Up, jump both feet to the right hand and back to plank, Push Up. Jump both feet to the left hand and back to plank, Push Up. Jump right foot to right hand and left foot to left hand and back to plank, Push Up. Jump to the standing position and perform a "Jump Knee Tuck".
(12)

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