

180123 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 @ 3 Round of

5 Body Dead Lift*

5 ManMakers

10 Bar or Ring Dips

* Scale for skill and strength working Full ROM for ROM

THIS IS NOT MEANT TO BE A METCON!

Work one side of 5 then progress to the other.

(12)

Skill:

Single Leg Dead Lift

Work on the Skill.

(5)

Strength: 6 Rounds Back Squat

8-6-5-5-5-3

Find a new 3 Rep Max Back Squat

(18)

MetCon: "Warrior III"

For Time: 5 Rounds of

10 Box Jumps @ 24-36" Box

10 'Reverse Grip' Bent Row @ Moderate Load

10 Sandbag Sit Ups @ 25-75

10-4 Count Mountain Climbers

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

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Stamina: 1600 Meter Race Pace

(10)

Endurance: 800 Meter Farmers Carry @ Moderate Load

(12)

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