

130302 SATURDAY (1) DEAD LIFT

"The wicked is ensnared by the transgression of [his] lips, But the righteous will come through trouble."

NKJV

Proverbs 12:13

"GRIN AND BEAR IT"

***Base:** ROM / "Bear Complex"- 12 Minute Cap

Bear Complex is composed of the following for 5 Rounds. Do each lift once to complete the circuit of 5 lifts in succession. Repeat 7 times for each round.

1-Power Clean; 1-Front Squat; 1-Push Press; 1-Back Squat; 1-Push Press
x 7 equals 1 Round

(Elite Full; Competitor 4 Rounds; Novice 2 Rounds.)

***Skill:** Dead Lift- 1 Minute Cap

See [Video](#)

***Strength:** 10 Rounds of 1 Rep Max Dead Lift- 20 Minute Cap

1-1-1-1-1-1-1-1-1-1 (10)

Work hard on maintaining form with the HEAVY Reps.

Pay close attention to Grip (Finger/Thumb Lock
) , Chest and Hips @ 3 O'clock; Head @ 12, Feet @ 6.

Rest 45 & 75 Seconds between attempts.

(Elite-Full, Competitor-Full; Novice Full; scale loads to afford perfect form.)

***MetCon:** 5 Rounds For Time 20 Minute Cap.

3 x 225 / 185 Dead Lifts

21 Ring Push Ups

30 Kettlebell Swings @ 2 / 1.5 Pood.

(Elite Full; Competitors Full, Step Ups @ 45; Novice Step Ups @ PVC.)

***Stamina:** 5 Rounds for time of

5 ManMaker

10 Pull Ups

15 Split Jumps

(Elite Full; Competitors Full; Novice Full)

***Endurance:** In Stamina

(Elite Full; Competitors Full; Novice Full)

leave a comment. . .

***Training Levels:** Elite-Competitors-Novice WOD components are color-coded and annotated for scaling. Always scale loads and reps to skill and strength level.



“After just six weeks of SOFIT training I’ve given up on nuts and berries as my primary diet supplementation. The bad thing is I’m running out of protein because the neighborhood is running out of dogs!”

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