

THURSDAY 130207 (2) DEAD LIFT

“Righteous lips [are] the delight of kings; and they love him that speaketh right.”

KJV

[Proverbs 16:13](#)

Base: ROM/50 Each Burpee; Strict Push Ups

Skill: Dead Lift
See Video

Strength: 5 Rounds of 5 Dead Lift (25)
Work skill and strength.

Keep the loads heavy; work hard adding weight to each round.

Maintain form

Follow Skill/Lift protocols:

See **Dead Lift Video**

MetCon: “Caption”

5 Rounds for time of
3 Body Weight Dead Lift
10 Hand Stand Push Ups
Run/Row 400

Stamina: For Time
1600 Meters

Endurance:

Farmer’s Carry 50# @ 400 Meters

COVICE

Base: 20 Each

Skill: Rx

Strength: 3 Rounds of 5

Work on Skill and Form: Weight will come as Skill improves
See Video.

MetCon: 3 Rounds

Stamina: 800 Meter Run/Row

Endurance: Rx @ 50%

COMPETITOR

Base / Skill as Rx'd

MetCon: 3 Rounds

Stamina: Rx

Endurance: Rx

ELITE

Rx

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