

FRIDAY 130118 (DAY 2) 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 Barbell Complex (10 Minute Cap)
Compare: “Timothy I” 120406

Skill: Dead Lift (5 Minute Cap)
See Training Video @
<http://youtu.be/pjBI9qxibTc>

Strength: 6 Rounds of Dead Lift. (15 Minute Cap)
3-3-3-3-3 (15)
Scale loads working to 3 RM adding weight with each round.
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

BOVICE

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