

180707 Day Two: Dead Lift

Psa 119:59-60

I thought on my ways, and turned my feet unto thy testimonies. I made haste, and delayed not to keep thy commandments.

The Psalmist sees himself in light of YHVH and quickly turns from his view of life to that of the Lord's view.

Base: ROM @ 1 Minute Rounds of*

Jumping Jacks-Sit Ups-Push Ups-Pull Ups-Split Jumps

Then

50 Meters Overhead Walking Lunges @ Oly Bar or 45#

*Scale for skill and strength working Full ROM (Range of Motion)

Make it "Base" an not a MetCon

(15)

Skill:

Single Leg Dead Lift Oly Bar Left and Right Side w/Bar at the Side

Work the full ROM emphasizing the bar line keeping the load on the centerline of the body.

(5)

Strength: 6 Rounds of Dead Lift*

5-5-4-4-3-3

Add loads to each round maintaining form and safety.

Do Not Drop the Loads-Lower with control

*Scale to Skill and Strength

(18)

MetCon / Stamina / Endurance: For Time

"Jaime"

21-15-9

Back Squat @ 225*

Handstand Push Ups

*Scale to Skill and Strength

(15)

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