

150203 Tuesday Sumo Dead Lift

Pro 22:23

For the LORD will plead their cause, and spoil the soul of those that spoiled them.

Base: ROM 3 Rounds of
21 Each Alternating Sides Kettlebell Skaters
Switch hands for each rep touching the bell on the floor to the side of the hop.

15 Alternating Single Leg Burpee's Each Side
9 Jump Knee Tucks
(15)

Skill: 30 @ Olympic Bar Dead Lift
(5)

Strength: 5 Rounds of 5
Sumo Dead Lift: No Drop!
Use the lowering of the bar to increase the Time-Under-Tension for greater muscle stimulation.

MetCon: "Dinah"
3 Rounds for Time of 21-15-9
Dead Lift @ Body Weight Plus
Handstand Push Ups

Endurance/Stamina: 8 Minute Farmer Carry
10 Push Up Penalty for the first drop; add 5 more to the next drops i.e. 10, 10+5, 15+5, etc.

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