

# 151006 Tuesday Dead Lift

Pro 28:19

He who tills his land will have plenty of bread, But he who follows frivolity will have poverty enough!

*It means there's no such thing as free lunch- Unless you live in modern day America. In the end, if you don't work, you will be poor:*

**Base:** ROM 2 Round of  
9 Donkey Kicks Hands on the Floor  
15 MedBall Toss @ 10' Target  
9 Kettlebell Swings @ 1-1.5 Pood  
(12)

**Skill:** Plank Holds  
(5)

**Strength:** 8 Rounds of Dead Lift  
1-1-1-1-1-1-1-1

## SCALE TO SKILL AND STRENGTH

Work @ "NO DROP" protocol

Use the Eccentric portion of the lift to keep the load under tension for greater muscle development.

Begin @ 80% 1 RMDL and work to failure.

FAILURE constitutes your inability to complete a SAFE and SKILLED Lift

(15)

Chose ONE of the following to complete the 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

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**MetCon:** Run or Row 1600

4 Rounds of

100 Sprint-100 Jog-100 Backward Run-100-Walk 100

Start the Rx with a 100 Meter Sprint; Jog the second 100; Backward Run the  
third; Walk the fourth for R/R (Rest and Recovery)

Between each 400 Do 20 Double Under Jumps

(15)

**Stamina:**

1-3 Mile 20-50 Back Pack Hike

(Moderate Pace)

**Endurance:** 1600 Meter Run, 3200 Meter Row, or 500 Meter  
Swim

(10)

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