

# 150713 Monday Dead Lift

Pro 26:17

He that passeth by, and meddleth with strife belonging not to him, is like one that taketh a dog by the ears.

*If it ain't your problem, don't mess with it unless it calls for justice to the innocent.*

**Base:** ROM (Range of Motion) 3 Rounds of 21-15-9  
Four Count Mountain Climber-Foot Outside the Hands  
Dive Bomber Push Ups  
Box Jumps @ 24" Box  
(12)

**Skill:** 'Dead Lift' @ Olympic Bar  
(5)

**Strength:** 8 Rounds of Dead Lift  
(This will be a challenge)

10-6-4-2-2-4-6-10

Follow the pyramid increasing loads and then return to lower loads. Rounds. Begin @ 60-65% 1 RMDL Scale to skill and use loads that you can safely move. Do Not Drop the weight: lower to get the negative return on your time.

(15)

**MetCon:** 2 Rounds of 100 Each for time  
Jump Rope: any jump-DU's @ 50 (Rx'd for Elite)  
Sit Up/Push Up Combo  
(50 Sit Ups and 50 Push Ups)  
(8)

**Stamina/Endurance:** For Time  
Run/Walk 1600: Sprint 100/Walk 100 for 1 mile.

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