

# 150922 Tuesday Dead Lift

Pro 28:14

Happy is the man who is always reverent, But he who hardens his heart will fall into calamity.

*Keep you heart with all diligence and you will succeed.*

**Base:** ROM 5 Rounds of  
100 Jumps @ Jump Rope  
5 Knees-To-Elbows  
10 MedBall Toss @ 10' Target  
(12)

**Skill:** 30 Sumo Dead Lift @ Olympic Bar  
Scale to SKILL-MAKE IT A SKILL COMPONENT!

(5)

**Strength:** 6 Rounds of Dead Lift  
10-8-6-5-4-3

Begin @ 60-70% 1 RMBS: Increase loads through the component Rx.  
Scale loads to skill and strength

**MetCon:** On-The-Minute for 10 Minutes  
5 Ring Dips  
10 Dive Bomber Push Ups  
15 Drop Squats

From a standing position, drop to a full squat. Without pausing, jump back to a standing position. Repeat for Rx

(10)

**Stamina:**

400 Meter "Farmer Carry" @ 45-55  
10 PU Penalty for each drop.

(5)

**Endurance:** 1600 Meter Run @ Moderate Pace

(8)

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