

150629 Monday Dead Lift

Oldies 141208

Psa 21:1

The king shall joy in thy strength, O LORD; and in thy salvation how greatly shall he rejoice!

Base: ROM (Range of Motion) 3 Rounds of
1 Minute Kettlebell Super Skaters

Standing w/KB in your right hand hop to the right touching the KB to the ground and tap your left foot behind the heel of the landing leg. Immediately hop to the left foot switching the KB to the left hand and touch it to the floor while toe tapping the right foot behind the landing leg. Repeat this as fast as possible for 1 minute. Keep head up and balance over the hips. Jump laterally as far as possible each rep.

1 Minute Alternating Hands Kettlebell Swings

20 Second Rest and Recovery Between Rounds

SCALE LOADS-No KB? Use DB's

(8)

Skill: Handstand Walk

(5)

Strength: 4 Rounds of 4 Dead Lift

4-4-4-4

Add weight as you progress.

Keep Tempo at 4-0-1-0: 4 Count Down-No Pause at the Floor-Accelerated Pull to Standing-No Pause to 4 Count lowering.

Scale to skill and use loads that you can safely move.

(12)

MetCon: 8 Minute AMRAP of
9 Box Jumps, 12 Donkey Kicks; 15 "Samson" Push Ups

(8)

Stamina/Endurance: For Time-200 Overhead Walk @ 45

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