

150803 Monday Sumo Dead Lift

Pro 27:5

Open rebuke is better than secret love.

It's better to have someone tell it like it is than hide love.

Base: ROM (Range of Motion) 3 Rounds of 21-15-9

Side-Walking-Push Ups

4 Count Mountain Climbers

Side-Over Box Jumps

Jump Over and Back a 16-24" Box: Each Jump 1 Rep. If you are unable to jump a box use cones or other implements that are safe.

Scale: jump onto the box and then to the opposite side.

(12)

Skill: Sumo Dead Lift @ PVC or Olympic Bar

(5)

Strength: 5 Rounds of 5 Sumo Dead Lift

5-5-5-5-5

Increase loads through the Rx. Begin @ 70-75% 1 RMDL Scale to skill and use loads that you can safely move. **Do Not Drop** the weight:

lower slowly to get the most return on your time.

(15)

MetCon: 5 Rounds for time of
15 Kettlebell Swings @ 1.0-2.0 Poood (35-70#)

10 MedBall Toss @ 10' Target

20 Double Unders-No DU's? 50 Reg

(12)

Stamina/Endurance: For Time

100 Sit Ups

100 4 Count Flutter Kicks

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