

151207 Monday Dead Lift

Pro 29:20

Do you see a man hasty in his words? There is more hope for a fool than for him.

Fools fare better than those who speak too much and too often.

Base: ROM 3 Round of

21-15-9

Hand Release Push Ups

Jump Knee Tuck

Pull Ups

(15)

Skill:

High Hang Squat Snatch Lift

See @ <https://youtu.be/bpHJCLcoth4?t=38s>

This is a must-see video with coach Mike Burgener

(5)

Strength: 8 Rounds of Back Squat

8 @ 50%

6 @ 55%

5 @ 60%

4 @ 70%

3 @ 80%

2 @ 85%

2 @ 90%

SCALE TO SKILL AND STRENGTH

Do Not sacrifice Skill for Load

Work with loads that produce max efforts but. . .

DO NOT

Sacrifice Form for loads: Keep spine locked with full ROM

<https://youtu.be/ultWZbUMPL8>

(18)

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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Please Pay Close attention to the Cap Times (?) located below each of the Components
(Located Here below each Component)

Chose ONE of the following to complete the Rx

MetCon: 4 Rounds of
400 Meter Run or Row
5 Power Snatch @ 95-135
Scale to skill and strength
(15)

Stamina:
400 Farmer Carry @ 50 each arm
10 PU Penalty for each drop
(12)

Endurance:
3k Run, 5k Row, or 500 Meter Swim,
or 1000 Meter Swim with fins
(15)

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