

# 151110 Tuesday Dead Lift

Pro 29:9

If a wise man contends with a foolish man, Whether the fool rages or laughs, there is no peace.

*It's a lost cause to argue with a fool. For when you do there is no longer one fool talking but two. A fool only desires to hear himself.*

**Base:** ROM 3 Round of  
10 Snatch Lifts @ 75-95  
10 Reverse Grip Pull Ups  
10 Leg Levers or Reverse Crunches  
(12)

**Skill:**

2-2 Minute Plank Holds with 1 Minute Rest between rounds  
(5)

**Strength:** 11 Dead Lifts

1-1-1-1-1-1-1-1-1-1-1

If you completed the WOD for 'Monday 151109 Squat' within the last 5-7 days hold off on this WOD until that amount of time has passed before doing it. The two Rx are extreme and could cause overtraining or injury.

1 @ 75% 1 RMBS; 1 @ 80%; 1 @ 85%; 1 @ 90%; 1 @ 95%;  
1 @ 100%; 1 @ 105%; 3 Rounds @ Max to Failure

## **SCALE TO SKILL AND STRENGTH**

Work @ "NO DROP"

Use the Eccentric portion of the lift to keep the load under tension for greater muscle development.

4-0-4 TEMPO

(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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Chose ONE of the following to complete the Rx

**MetCon:** Run or Row 1600

4 Rounds of

400 Meter Run or Row

Between each 400 Do 40 Double Under Jumps and 30 Sit Ups

(15)

**Stamina:**

1-3 Mile 20-50 Back Pack Hike

(Moderate Pace)

**Endurance:**

1600 Meter Run, 3200 Meter Row, or 500 Meter Swim,  
or 1000 Meter Swim with fins

(10)

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