

151027 Tuesday Dead Lift

Pro 29:2

When the righteous are in authority, the people rejoice; But when a wicked man rules, the people groan.

When good men rule the people are happy. When the wicked rule, the people are deeply troubled.

Base: ROM 3 Round of
7 High Hang Snatch @ 75-95
10 Reverse Grip Pull Ups
(12)

Skill: 20 Single Leg DB Dead Lift
10 Each Leg
(5)

Strength: 4 Rounds of Dead Lift
Increase loads or TUT from last week.

8 @ 50%

6 @ 60%

4 @ 70%

Failure @ 80%

(As many reps as possible @ Rx Tempo)

SCALE TO SKILL AND STRENGTH

Work @ "NO DROP" protocol @ 4-0-4-2 TUT

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

(15)

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 20 Double Under Jumps and 20 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

(10)

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