

150505 Tuesday Dead Lift

Pro 24:29

Say not, I will do so to him as he hath done to me: I will render to the man according to his work.

Base: ROM 3 Round of
25 Alternating Hand Kettlebell Swings @ 1.5 Pood
(Swing the KB with one hand. When bell is high, switch hands and repeat for 25 reps.)

10 Pull Ups
(12)

Skill: 30 Split Jerk @ 75-135
See @ <https://youtu.be/yFSBGIPMa9A>

Strength/Power: 5 Rounds of 5 Dead Lift
Begin with 75-85% of your 1 RMDL and continue to add weight until you complete the component or your form breaks.

(12)

MetCon: "1's"

12 Minute AMRAP of 1 Each:
Body Weight Sumo Dead Lift
Body Weight Clean and Jerk
Body Weight Front Squat

Scale loads to skill and strength. Maintain proper form on all lifts.
Perform As Many Rounds as Possible in 12 Minutes

(12)

Endurance/Stamina:

Swim 500 Meters AFAP (As Fast As Possible) then 25
Push Ups on the Deck. Repeat for 25 Sit Ups. Repeat for
25 Burpee's

No Pool? Run 800 Meters

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