

150526 Tuesday Sumo Dead Lift

Pro 25:11

A word fitly spoken is like apples of gold in pictures of silver.

Base: ROM 3 Rounds of
21-15-9

Knees-To-Elbows

Single Leg Dead Lift @ 75-95

Work single hand to the side: i.e. Bar held in one hand to the side. See @ <https://youtu.be/GcW3GRiGov8>
(12)

Skill: 30 Dead Lift @ 45

Perform a Dead Lift working on the skill. Keep the bar path a vertical as possible. Hook grip: <https://youtu.be/4e47lyAbj6I>

Strength/Power: 8 Rounds of 3 Sumo Dead Lift*

Begin with 85-90% of your 1 RMSDL and continue to add weight until you complete the component or your form breaks.

*Chaser: 10 Pull Ups

(15)

MetCon: "Swing'n In the Summer"

12 Minute AMRAP of:

21 Kettlebell Swings @ 1-1.5 Pood (35-50)

15 Glute/Ham Sit Ups <https://youtu.be/5NIVNTgIYLo>

9 Floor or Glute/Ham Back Extensions

See @ <https://youtu.be/q4OgD6Twaes>

(12)

Endurance/Stamina: 4 Rounds of
Run, Row or Swim 400
After each 400 Perform 5 `Turkish' Get Ups @ 10#'s
See @ https://youtu.be/711sW_sFCp8

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