

150810 Monday Dead Lift

Pro 27:11

My son be wise and make my heart glad, That I may answer him
who reproaches me.

No greater reward for a father than to know his children walk in truth.

Base: ROM (Range of Motion) 3 Rounds of
21-15-9
Forward/Back alternating
hands-Push Ups
One hand at hip and the other
overhead do a push up; alternate
opposite hand to hip and
overhead-push up. One rep
Cone-Over Jumps
Front-To-Back equals one rep
MedBall Toss @ 10' Target
(12)

Skill: Olympic Bar Single
Leg Dead Lift
Empty Bar held at the side in one
hand. Stand on one foot and
execute 4-5 Single Leg Dead Lifts.
Switch hands and repeat
balancing on one foot and
performing a perfect form DL
(5)

Strength: 6 Rounds of
Dead Lift
8-6-5-4-2-1
Increase loads through the Rx.
Begin @ 65-75% 1 RMDL Scale to
skill and use loads that you can
safely move. **Do Not Drop** the
weight: lower slowly to get the
most return on your time.
(15)

MetCon: 10 Rounds for
time of
10-9-8-7-6-5-4-3-2-1
Kettlebell Swings @ 1.0-2.0
Pood (35-70#)
50-45-40-35-30-25-20-15-1
0-5
Double Unders-No DU's?
50 Reg
(15)

Stamina: In MetCon

Endurance: For Time
100 Sit Ups

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