

# 150616 Tuesday Dead Lift

Pro 26:4

Answer not a fool according to his folly, lest thou also be like unto him.

*Don't do the things fools do unless you wish to be known as a fool.*

**Base:** ROM 3 Rounds of

"Dumbbell Complex"

6 Each of the following:

Dead Lift; High Pull; Hang Clean; Hang Clean-Jerk; Hang Snatch; Overhead Squat. Complete the Rx @ Right Side before proceeding to the left.

(12)

**Skill:** Single Leg Dead Lift @ 45-95

Perform a single leg dead lift with the barbell to the side of the standing leg. Hook grip and stand. Work on hip intervention.

**Strength/Power:** 5 Rounds of 5 Dead Lift 5-5-5-5-5

Begin with 70-75% of your 1 RMDL and continue to add weight until form breaks or you complete the component. Stay within a 4-6 rep ratio. Maintain proper form. Scale to skill and strength.

(15)

**MetCon:** "Gorilla"

15 Minute AMRAP of:

20 Kettlebell Swings @ 1-1.5 Pood

10 Pull Ups

20 Sit Ups

(15)

**Endurance/Stamina:** In MetCon

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