

## 180410 Day Two: Dead Lift

Pro 29:9

If a wise man contends with a foolish man, Whether the fool rages or laughs, there is no peace.

*It's a lost cause to argue with a fool. If or when you do there is no longer one fool talking but two. A fool only desires to hear himself.*

**Base:** ROM @ 21-15-9\*

Lateral Burpee Box Jump\*

Body Weight Bench Press

\*Perform a Burpee at the side of a box either left or right side. Jump laterally onto (To scale UP, Jump over the box landing on the opposite side) the box and step off then perform a Burpee on that side and Jump laterally onto (over) the box.

**Make it "Base" an not a MetCon**

(15)

**Skill:**

"Pistol" Squat

(5)

**Strength:** 7 Rounds of Dead Lift\*

6-5-4-3-2-1-1

Add loads to each round maintaining form and safety

\*Scale to Skill and Strength. Add loads to last rounds for a training 1 RM DL

(18)

**MetCon / Stamina / Endurance:** For Time

"Exit"

12 Minute AMRAP of:

50 MedBall Toss

50 Double Under Jump Rope

50 Sit Ups

(12)

**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*