

## 130310 SUNDAY (1) DEAD LIFT

"Does not wisdom cry out, And understanding lift up her voice?  
She takes her stand on the top of the high hill, Beside the way, where the paths meet.  
She cries out by the gates, at the entry of the city, At the entrance of the doors:  
"To you, O men, I call, And my voice [is] to the sons of men."

NKJV

Proverbs 8:1-4

### "Saleh"

(Here is Wisdom)

\*Base: ROM 4 Rounds "Curtis P" 10 Minute Cap

\*Skill: Dead Lift 5 Minute Cap

See Video

\*Strength: 5 Rounds of 3 Dead Lift 3 RM 10 Minute Cap

3-3-3-3-3 (15)

Scale loads to skill and strength.

Add weight until form breaks and return to the last perfect rep to complete the component.

\*MetCon: 5 Rounds for time of 21-15-9 (45) 20 Minute Cap

Body Weight Dead Lift

Ring Dips

Kettlebell Swing @ 2 Pood

\*Stamina: Buddy Carry 400 Meters

\*Endurance: AbCore 250

50 Each

4 Count Flutter Kick

Sit Ups

Leg Levers

Reverse Crunch  
Side Ups- 25 Each Side

\*30 Minute WOD's choose Base, Skill and MetCon components; 45 Minute WOD's Base, Skill, Strength, and MetCon; 60+ Minute WOD's choose all components. Scale loads to skill and strength level.

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