

## SATURDAY 130216 (3) DEAD LIFT 3 RM

"Do they not go astray who devise evil? But mercy and truth [belong] to those who devise good."

NKJV

Proverbs 14:22

**Base:** ROM / 4 Rounds "Daisy's" (10 Minute Cap)

**Skill:** Dead Lift (5 Minute Cap)

See Training Video

**Strength:** 8 Rounds of Dead Lift for 3 RM

(12 Minute Cap)

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

Increase loads each round.

Keep loads heavy enough to work hard.

Work on maintaining form. If/When form breaks, return to the last perfect 3 rep as your new 3 RM

**MetCon:** 10 Rounds For Time of: (20 Minute Cap)

10-9-8-7-6-... 1\*

Body Weight Dead Lifts

ManMakers @ 35 / 25 / 15

Knees-To-Elbows

\*(Round One: 10 reps BWDL and MMKR's; R-Two; 9, R-Three; 8 reduce the rep number by 1 each round until you complete the component <55>.)

**Stamina:** "Tabata" Protocol Mile

20/10 for 1600 Meters.

**Endurance:** 10 Minute AbCore

On-The-Minute for 10 Minutes vary the abdominal exercises trying to rep a minimum of 35 Each Round.



**Base:** Rx

**Skill:** Rx Work on Dead Lift Skill

See Video above

**Strength:** Rx but with Olympic Bar or 95 / 65

Work on skill. See Video Above

**MetCon:** 6 Rounds starting @ 6-5-4-3-2-1

65 / 95 DL's

10-15# DB's On MMKR's

**Stamina:** 50% Rx'd

**Endurance:** 5 Minute AbCore

Strive for 15-20 Reps Each Round



**Base / Skill** as Rx'd

**MetCon:** Rx

**Stamina:** Rx

**Endurance:** AbCore 7-8 O-T-M



As Rx'd



". . . and have I mention how much I hate ManMakers?"

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