

# 150824 Monday Dead Lift

Pro 27:21

The refining pot is for silver and the furnace for gold,  
And a man is valued by what others say of him.

*Our mouth is the refining pot that proves the worth of the things that are in our heart. We are  
valued on what we do with what we say.*

**Base:** ROM 3 Rounds of

10 Burpee Box Jumps Side-To-Side

Perform a Burpee to the side of a box and jump onto the box. Step off  
the opposite side and repeat for 10 reps.

15 Sumo Dead Lift High Pull (SDLHP) @ 45-75  
(12)

**Skill:** Dead Lift @ PVC-135

(5)

**Strength:** 5 Rounds of Dead Lift

5-5-5-5-5

Increase loads through the Rx. Begin @ 75-85% 1 RMDL Scale to skill  
and use loads that you can safely move. **Do Not Drop** the weight.  
Move quickly through the components and beat the cap.

(12)

**MetCon:** 5 Rounds for time of

1 Dead Lift @ 1.5-2.0 Body Weight

Body Weight plus 50%-2x Body Weight Maintain form and safety

15 Kettlebell Swings @ 1-2 Pood (35-75 Pounds)

10 Ring Push Ups

(15)

**Stamina:** In MetCon

**Endurance:** For Time

3 x 800 Run:

After the first 800 perform 75 4 Count Flutter Kicks,  
Second-100 Sit Ups, Third-50 Reverse Crunch

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