

# 150512 Tuesday Sumo Dead Lift

Pro 25:4

Take away the dross from the silver, and there shall come forth a vessel for the finer.

**Base:** ROM 3 Round of "Daisy's"

See FAQ @ <http://www.thesamsonoption.com/faq.html>

(12)

**Skill:** 30 Snatch Balance

See @ <https://youtu.be/6Kcend-O21w>

**Strength/Power:** 5 Rounds of 5 Sumo Dead Lift  
Begin with 75-85% of your 1 RMSDL and continue to add weight until you complete the component or your form breaks.

(12)

**MetCon:** "3's"

12 Minute AMRAP of 3 Each:

1.5 Body Weight Dead Lift

Muscle Ups or Pulls and Dip combination

THEN...

25 Double Unders

Scale loads to skill and strength. No Double Unders? Do 50 Regulars AFAP (As Fast As Possible)

(12)

**Endurance/Stamina:** 3 Rounds of  
Swim, Run, or Row 600 Meters

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