

# 150210 Tuesday Dead Lift

Pro 22:26

Be not thou one of them that strike hands, or of them that are sureties for debts.

**Base:** ROM 3 Rounds of  
50 Kettlebell Swings @ 1.0-1.5 Pood 35-55  
50 Weighted Sit Ups @ 25-50  
50 Donkey Kick Burpee's

Do a Burpee and kick both feet back like a traditional Burpee but bring the feet back to the starting position without touching the floor with the feet. (Like a Donkey kicking.) Jump to the standing position to finish a rep.

(12)

**Skill:** 30 @ Olympic Bar Single Leg Dead Lift  
Bar to the side or in front.

(5)

**Strength:** 5 Rounds of 5  
Dead Lift: No Drop!

Use the lowering of the bar to increase the Time-Under-Tension for greater muscle stimulation.

**MetCon:** "D"

On-The-Minute for 10 Minutes  
5 MedBall Toss and Sprint out 20 and back

**Endurance/Stamina:** In MetCon

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