181113 Day Two: Dead Lift

Pro 29:9
If a wise man contends with a foolish man, Whether the fool rages or laughs, there is no peace.

It's a lost cause to argue with a fool. If or when you do there is no longer one fool talking but two. A fool only desires to hear himself.

Base: ROM 3 Round of

21-15-9

Sandbag Squat @ 75-Scale

Toes-2-Bar

Dive Bomber Push Ups

(12)**

**Stay with the CAP: if you cannot complete the components within the CAP time stop and move on to the NEXT component.

Scale components and reps within the Rx to accommodate skill and strength

Skill: Single Leg 'Pistol' Squat

This Rx is for balance and flexibility. Use an Olympic bar keeping the load light. Bend the knee to prevent back strain and drive the gluten and hamstring.

https://youtu.be/qDcniqddTeE

(5)

Strength: 7 Rounds of Olympic Bar Dead Lift

3-3-3-3-3-3-3

Increase Loads through the R_x

https://youtu.be/op9kVnSso6Q

(15)

MetCon/Stamina: 8 Minute AMRAP

Complete as many rounds as possible in 8 Minutes of

3 Back Squat @ BW+50

6 Box Jumps

9 Pull Ups

(12)

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

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Endurance: "Samson's AbCore 300"

100 Sit Ups; 100 4 Count Flutter Kick; 50 Leg Levers;

50 Reverse Crunch

(12)

Seniors: "Old Guys/Gals WOD"

Introducing "ManMakers" (AGAIN!)

Follow Base and Skill Components

Power/Strength: 3-5 Rounds of

5-8 DB or BB Dead Lifts

(Increase loads from last WOD Rx)

See video training protocols: https://youtu.be/op9kVnSso6Q

25-50 Regular Jumps w/Jump Rope

No Rope? Jump without a rope maintaining the rhythm of a Jump Rope

10-20 Sit Ups or Leg Levers

(20)

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