

150831 Monday Sumo Dead Lift

Pro 28:1

The wicked flee when no one pursues, But the righteous are bold as a lion.

Evil men are always in fear; always looking over their shoulder for the next problem or difficulty. Moral men go about their business knowing that their lives belong to Christ and therefore have live boldly in peace.

Base: ROM 3 Rounds of

15-4 Count Mountain Climbers

Hands outside the feet and even with them alternating left and right for a four count.

15 MedBall Toss @ 10' Target

Ball at Chest and under the chin with a FULL SQUAT, Hip bend below the knee for each rep.

15 Hand-Release Push Ups

(15)

Skill: Sumo Dead Lift @ PVC-135

(5)

Strength: 8 Rounds of Sumo Dead Lift

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

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.

This will be a tough go and really work the body; be careful and scale.

(15)

MetCon: 5 Rounds for time of

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

5 Pull Ups

15 Heavy Weighted Sit Ups 25-75 lbs

(12)

Stamina: For Time: 100 Each

Push Ups/Plank Pull Ups

(7)

Endurance: In Stamina

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