

151003 Tuesday Dead Lift

Pro 29:2

When the righteous are in authority, the people rejoice: but when the wicked bears rule, the people mourn.

Good rulers are a pleasantry to the people and they are glad; evil leaders produce heavy burdens and fear in the hearts of the people. They mourn for their life and for their family.

Base: ROM 3 Round of
10 Snatch Balance @ 75-95
10 Reverse Grip Pull Ups
10 Weighted Sit Ups @ 25-45
(15)

Skill: 20 Single Leg Olympic Bar Dead Lift
10 Each Leg
Hold Bar to the side; center grip for balance
(5)

Strength: 4 Rounds of Dead Lift
8-10 @ 50% 1 RMDL Warm Up Set
6-Failure @ 75% 1 RMDL
4-Failure @ 80-85%
1-Failure @ 85-90%
MAINTAIN TEMPO @ 4-0-4

SCALE TO SKILL AND STRENGTH

Work @ "NO DROP"

Use the Eccentric portion of the lift to keep the load under tension for greater muscle development. DO NOT allow the load to touch the floor and release the stress on the muscle. Working to stop and restart the load is a powerful strength stimulator.

Note the increase in CAP for full TUT protocol. A round at 4-0-4 for 8 reps will take approximately 60-70 seconds

(18)

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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Chose ONE of the following to complete the Rx

MetCon: Run or Row 1600

4 Rounds of

400 Meter Run or Row

Between each 400 Do 20 Double Under Jumps and 20 Sit Ups

(15)

Stamina:

1-3 Mile 20-50 Back Pack Hike

(Moderate Pace)

Endurance: 1600 Meter Run, 3200 Meter Row, or 500 Meter Swim

(10)

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