

151013 Tuesday Sumo Dead Lift

Pro 28:13

He who covers his sins will not prosper, But whoever confesses and forsakes them will have mercy.

Don't try to hide anything, you will be the worst for it. Confess your errors and forsake them and you will have mercy.

Base: ROM 2 Round of
10 Handstand Push Ups
15 MedBall Toss @ 10' Target
21 Kettlebell Swings @ 1-1.5 Pood
(12)

Skill: 15 "Thai" Plank Push Ups
(5)

Strength: 5 Rounds of Dead Lift
8-6-4-Failure

SCALE TO SKILL AND STRENGTH

Work @ "NO DROP" protocol @ 5-0-2-0 TUT

Use the Eccentric portion of the lift to keep the load under tension for greater muscle development. 5 Seconds minimum

Begin @ 80% 1 RMDL and progressive loads to round 5 rep failure

FAILURE constitutes your inability to complete a SAFE and SKILLED Lift

(15)

Chose ONE of the following to complete the Rx

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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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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