

150331 Tuesday Sumo Dead Lift

Pro 24:6

For by wise counsel thou shalt make thy war: and in multitude of counsellors there is safety.

Base: ROM 5 Round of
10 High Hang Squat Cleans @ 75-95
10 Alternating Hand KBS @ 35-55
10 Alternating Hand Punching Push Ups
(12)

Skill: Dead Lift Skill
Work on Dead Lift Skill: see DL Video **here**
<https://youtu.be/qCGtwPhfGf4>
(5)

Strength/Power: 3 Rounds of 5
Sumo Dead Lift @ 75-85% 1 RMDL
"NO DROP"
(12)

MetCon: "21"
As many Rounds as possible in 21 minutes of:
7 ManMakers
7 Pull Ups
7 Weighted Sit Ups @ 20-35
(20)

Endurance/Stamina:
In Base/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