

150428 Tuesday Sumo Dead Lift

Pro 24:24-25

He that saith unto the wicked, Thou art righteous; him shall the people curse, nations shall abhor him: But to them that rebuke him shall be delight, and a good blessing shall come upon them.

Base: ROM 3 Round of
Dumbbell Complex @ 20-55

Alternate arms at the completion of all components for 6 reps:
Dead Lift; High Pull; Hang Clean; Hang Clean-Jerk; Hang Snatch;
OH Squat
(15)

Skill: 30 Each Leg Single Leg Dead Lift @ Olympic Bar

Strength/Power: 5 Rounds of 8 Sumo Dead Lift
Begin with 65-70% of your 1 RMSDL and continue to add weight until
you complete the component or your form breaks.
(10)

MetCon: "4's"
12 Minute AMRAP of 4 Each:
Dead Hang Pull Up
Toes-To-Bar
Kettlebell Swing @ 1.5 Pood (50-55)
(12)

Endurance/Stamina:
Run/Row 5k

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