

150609 Tuesday Sumo Dead Lift

Pro 25:28

He that hath no rule over his own spirit is like a city that is broken down, and without walls.

Base: ROM 3 Rounds of
"Daisy's"
(12)

Skill: Dead Lift @ 45

Perform Sumo Dead Lift working on the skill. Keep the bar path a vertical as possible. See these CrossFit Video's for key skill components. Hook grip: <https://youtu.be/4e47lyAbj6I>
Sumo Dead Lift: <https://youtu.be/gr8az6-aeMk>

Strength/Power: 10 Rounds of Sumo Dead Lift

8-6-4-3-2-1-1-1

Begin with 70-80% of your 1 RMSDL and continue to add weight until you find a new 1 RMSDL.
(15)

MetCon: "Sissy?;"

15 Minute AMRAP of:

16 Alternating Hand Kettlebell Swings @ 1-1.5 Pood
(35-50) 8 Each Side
10 Plank Pull Ups

See @ <https://youtu.be/QeYcvrEfkhw>

10 Alternating Shoulder Sandbag Lifts: 5 Each Side
(15)

Endurance/Stamina: In 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