

# 150127 Tuesday Dead Lift

Pro 22:2

The rich and poor meet together: the LORD is the maker of them all.

**Base:** ROM 3 Rounds of  
8 Single Leg Dead Lift each leg  
Complete each side before progressing to the other.  
10 Each Alternating Single Hand Kettlebell Swings  
12 Burpee Push Ups  
(15)

**Skill:** 30 @ Olympic Bar/PVC Slow Dead Lift  
See @ <http://youtu.be/pjBl9qxibTc>  
(5)

**Strength:** 5 Rounds of 5  
Dead Lift: No Drop  
Use the lowering of the bar to increase the Time-Under-Tension  
for greater muscle stimulation.

**MetCon:** 3 Rounds for time of 21-15-9  
Sumo Dead Lift High Pull @ 75  
Reverse Grip Pull Up

**Endurance/Stamina:** 8 Minute "Ab-Ugh!" 2 Min Each

**'V' Sit with DB's\***;

**Flutter Kicks; Sit Ups; Jump Knee Tuck**

\*Feet and shoulders off floor in a 'V' Tailbone touching. Punch  
with DB's

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