

150317 Tuesday Sumo Dead Lift

Pro 23:23

Buy the truth, and sell it not; also wisdom, and instruction, and understanding.

Base: ROM 1 Round of
30 Alternating Hand Kettlebell Swings @ 1.5-2.0 Pood
15 Box-Over Jumps @ 24" Box
30 Side Walking Push Ups
Right hand above the head, left hand next to the waist: perform
a Push Up. Switch hands and repeat.

(10)

Skill: Plank Hold @ 2 x 3 Minutes
1 Minute R&R between sets: Arms extended in full plank.

(7)

Strength/Power: 5 Rounds of 5
Sumo Dead Lifts @ 75-85% 1 RMSDL.
"NO DROP"

Use the time under tension (TUT) for greater muscle size and
strength. 90 seconds rest between rounds.

(12)

MetCon: 3 Rounds For Time of
50 Double Unders
200 Meter Sprint

(12)

Endurance/Stamina:
50 GHD Sit Ups and 40 Hand Release PU'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