

180619 Day Two: Dead Lift

Pro 29:9

If a wise man contends with a foolish man, Whether the fool rages or laughs, there is no peace.

It's a lost cause to argue with a fool. For when you do there is no longer one fool talking but two. A fool only desires to hear himself.

Base: ROM @ 5 Rounds of
5 Back Squat @ 60-65% Body Weight-Keep loads @ Warm Up levels
15 Ring PU's w/feet on a bench
20-4 Count Flutter Kicks

Scale to Skill and Strength

(15)

Skill: Double Under Jump Rope

(5)

Strength: 8 Rounds of Dead Lift*

5-5-5-3-3-3-1-1

***Scale to Skill and Strength**

Increase loads through the R_x to find a new 'Single' rep end WOD max.

(18)

MetCon / Stamina / Endurance: 3 Rounds of

"TIME OUT IV"*

One Minute Rounds w/20 Second Recovery

Box Jumps @ 24" Box

Kettlebell Swings @ 25-75

Jump Rope Regular Jumps

***Scale to Skill and Strength**

(18)

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