

150421 Tuesday Dead Lift

Pro 24:17

Rejoice not when thine enemy falleth, and let not thine heart be glad when he stumbleth:

Base: ROM 5 Round of
10 Burpee Side Jumps

Perform a Burpee with a Push Up and Jump as High and as Far sideways as possible

10 'V' Sit Ups

10 MedBall Clean and Toss @ 10' Target
(15)

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

Strength/Power: 3 Rounds of 8 Dead Lift

Begin with 65-75% of your 1 RMDL and continue to add weight until you complete the component or your form breaks.

(10)

MetCon: "4 Corners"

Using a football field or other 100 x 50 meter measured area: 1. Sprint 100 meters and perform 20 Push Ups. 2. Sprint across the end zone (50 meters) and perform 10 MedBall Toss catching the ball and lowering it to the ground for each rep. 3. Sprint 100 meters and perform 10 Burpee's. 4. Sprint across the end zone (50 Meters) and perform 20 sit ups. Rest for 90 Seconds and repeat for 4 Rounds.

(20)

Endurance/Stamina:
In Base/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