

# 150217 Tuesday Sumo Dead Lift

Pro 22:29

Seest thou a man diligent in his business? He shall stand before kings; he shall not stand before mean men.

**Base:** ROM 3 Rounds of  
20 Alternating Hand Kettlebell Swings @ 1.0-1.5 Pood  
20 Alternating Single Leg Burpee's  
20 Alternating Arm Punching Push Ups  
(20 Total Reps in each component)  
(12)

**Skill:** 30 @ Olympic Bar Single Leg Dead Lift  
Bar to the side or in front.  
(5)

**Strength/Power:** 5 Rounds of 5+1  
Sumo Dead Lift: No Drop!  
Perform 5 Sumo Dead Lifts @ 85% 1 RMSDL. The final rep of each round is your old 1 RMSDL. Add weight quickly to diminish wait time.  
(15)

**MetCon:** "No Mo" For Time  
10-9-8-7-6-5-4-3-2-1 Toes-To-Bar  
1-2-3-4-5-6-7-8-9-10 Handstand Push Ups  
10 TTB and 1 HSPU; 9 TTB and 2 HSPU; 8 TTB and 3 HSPU etc.  
(10)

**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