

## 180227 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 @ 3 Round of\*

20 Air Squats

10 Box Jumps

10 Reverse Grip Bent Row @ Hip Width

\*Scale for skill and strength working Full ROM (Range of Motion)

(12)

**Skill:**

Plank Variations

<https://youtu.be/BSdspgFhVQE>

(5)

**Strength:** 6 Rounds Dead Lift\*

5-5-4-4-3-3

\*Scale to Skill and Strength

(18)

**MetCon / Stamina / Endurance:** For Time

“50's”

50 MedBall Clean from the floor to 10' Target

50 Walking Lunges

50 Side Walking Push Ups

50 Sit Ups

50 Burpee's

(20)

**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*