

# 150602 Tuesday Dead Lift

Pro 25:23

The north wind driveth away rain: so doth an angry countenance a backbiting tongue.

**Base:** ROM 3 Rounds of  
15 MedBall Toss @ 10'/9' Target and 25/16# Ball  
12 Burpee Pull Ups  
(12)

**Skill:** Dead Lift @ 45  
Perform a Dead Lift working on the skill. Keep the bar path a vertical as possible. See these CrossFit Video's for key skill components. Hook grip: <https://youtu.be/4e47lyAbj6I> Dead Lift: <https://youtu.be/pjBl9qxibTc>

**Strength/Power:** 10 Rounds of 1 Dead Lift  
1-1-1-1-1-1-1-1-1-1  
Begin with 85-90% of your 1 RMsDL and continue to add weight until you complete the component or your form breaks.  
Find ak NEW 1 RMDL  
(15)

**MetCon:** "MAX"  
20 Minute AMRAP of:  
21 Kettlebell Swings @ 1-1.5 Pood (35-50)  
15 Toes-To-Bar  
9 Sandbag Get Ups  
See @ <https://youtu.be/RC7BFsclSoM>  
(20)

**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