

180904 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 @ 1 Round of*

50 Air Squats

50 Meters Overhead Walking Lunges @ Sandbag 45-75#

Run 400 or Jump Rope 400 or Row 600

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

Make it "Base" an not a MetCon

(15)

Skill:

Single Leg Dead Lift @ Olympic Bar

<https://youtu.be/GoKjrvJi-Iw>

(5)

Strength: 6 Rounds of Dead Lift*

5-4-4-3-2-1-1-1

Add loads to each round maintaining form and safety

Find a new 1 RM DL

*Scale to Skill and Strength

(18)

MetCon / Stamina / Endurance: For Time

“הכלב”

(The Dog)

21-15-9

Back Squat @ 225*

Jump Knee Tuck

Handstand Push Ups

Chin Ups

*Scale to Skill and Strength

(15)

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