

181204 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 4 Rounds of 1 Minute Each*

ManMakers @ 25-35

*:45 Seconds ON-:15 Seconds R&R

(5)

Skill: Single Leg "Pistol" Squat

(5)

Strength: 8 Rounds of Dead Lift

5-5-5 @ 3-2-2-1-1

Add weight as you progress

(12)

MetCon: 5 Rounds for Time of

5 Body Weight Back Squat

25 Meters Walking Lunges

(12)

Stamina/Endurance: 25 Each-GHD SU/Reverse Crunch

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