

## 181016 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\*

25 Body Weight Bench Press

10 Sandbag Get Ups each side

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

**Make it "Base" an not a MetCon**

(15)

**Skill:**

Moderate Weight Back Squat

Work the full ROM emphasizing the bar line keeping the load on the centerline of the body w/the hips fully engaged forward.

(5)

**Strength:** 5 Rounds of Dead Lift\*

5-5-5-5-5

Add loads to each round maintaining form and safety

\*Scale to Skill and Strength work @ 4-0-2-1 Tempo

(Raise the load on 2 count w/o a pause at the top Lower the load on 4 count pause 1 to readjust and breathe for the next rep. This is a nasty protocol but absolutely good for building shear strength and size.)

(18)

**MetCon / Stamina / Endurance:** For Time 2 Rounds of

"הדוב"

("The Bear")

9 Back Squat @ Body Weight + 50\*

15 Atomic Push Ups <https://youtu.be/Wp6-x5Tg2gk>

25 Suspension (Ring) Angle Row <https://youtu.be/rT7FwpxYSZs?t=69>

\*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