

# 150519 Tuesday Dead Lift

Pro 25:9

Debate thy cause with thy neighbour himself; and discover not a secret to another:

**Base:** ROM 3 Round of "Daisy's"

(That was fun and my granddaughter who's name is implied loves it! She's 4)

See FAQ @ <http://www.thesamsonoption.com/faq.html>

(12)

**Skill:** 30 Single Leg Dead Lift

Perform a Dead Lift with DB or BB. Use either modality one hand at a time: i.e. Left side for Rx and then the Right.

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

Begin with 75-85% of your 1 RMDL and continue to add weight until you complete the component or your form breaks.

\*Chaser: 10 "Hand Release" Push Ups

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**MetCon:** "3's"

12 Minute AMRAP of:

10 Sumo Dead Lift High Pulls @ 75-95#

10 Leg Levers

10 Rumanian Dead Lift @ 75-95#

(12)

**Endurance/Stamina:** 5 Rounds of

Run, Row or Swim 400

21 Kettlebell Swings @ 1.0-2.0 Pood

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