

180508 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 @ 3 Rounds of
10 Overhead Walking Lunges @ Moderate Loads-Sandbag
5 Moderate Load Single Leg Dead Lift-Bar at the side
10 GHD Sit Ups

Scale to Skill and Strength

(15)

Skill:

'Pistol' Squats
Work on Flexibility and Range of Motion

(5)

Strength: 6 Rounds of Dead Lift*

8-6-4-3-3-3

***Scale to Skill and Strength**

High Rep Rounds work with moderate loads trying to maintain a 2-0-4-1 Tempo
2-Concentric; 0-Pause at the top; 4-Eccentric (DO NOT drop the load); 1-Pause

(18)

MetCon / Stamina / Endurance: 12 Minute AMRAP of:

"RR"

50 Double Unders
5 Back Squats @ Body Weight*

10 Ring-Bar Dips

*Scale to Skill and Strength

(12)

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