

Friday...10/6/17

Description

Mindset:

“You miss 100 percent of the shots you don’t take.”
–Wayne Gretzky

Nutrition:

Choose arugula instead of lettuce once in a while. Not only is it more delicious, it is also rich in Vitamins A and K, Folate and Calcium. It is also thought to be an aphrodisiac

Movement:

A. MWOD:
Adductor Stretch

B. Strength:

Sumo Deadlift (note Not Sumo Deadlift High Pull) – Every 90 seconds for 15:00:
3 Sumo Deadlift @ medium-heavy weight

C. 4 round NOT For time but continuous:
8 Bent Over Barbell Row (supine grip) @ medium weight
8/leg Barbell (on back) Step Ups at medium weight (20” box)
1:00 Handstand Hold On Wall Accumulative (scale: Downward Dog Hold)
Rest 1:00-2:00 between rounds

Recovery:

Spend some time on the roller blade wheel thingy!

Date Created
10/05/2017