

Friday...9/15/17

Description

Mindset:

“The secret of getting ahead is getting started. The secret of getting started is breaking your complex, overwhelming tasks into smaller manageable tasks, and then starting on the first one.”

–Mark Twain

Nutrition:

[You cannot out-train a bad diet](#)

Movement:

A. MWOD:

Reverse Hyper 2x15

Banded Hamstring Stretch 1min each side

B. Weightlifting:

Romanian Deadlifts – The rep starts at the top of a traditional deadlift. Slightly break the knees and while keeping the back tight, hinge at the hips until the bar is in front of your knees (weight is not touching the floor), then return to the top. That would be one rep.

15min to work up to something challenging for 5 reps

*No reverse grip

C. WOD:

10 -> 1 HSPU

1 -> 10 Deadlift (225/155)

So the workout would start with 10 HSPU, then 1 Deadlift, then 9 HSPU, 2 Deadlift, 8 HSPU, 3 DL, continuing down the ladder with HSPU and up the ladder with DL with the final round being 1 HSPU and 10 DL.

*Scale = 19-17-15-13-11-9-7-5-3-1 Box Push-Ups

Recovery:

Crossover Recovery 90/90 (10 reps, 6 sec negative)

Crossover Recovery Scaption (10 reps, 6 sec negative)

Crossover Recovery Victory (10 reps, 6 sec negative)
Banded Hamstring Stretch 2min each side

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