

150804 Tuesday Back Squat

Pro 27:6

Faithful are the wounds of a friend; but the kisses of an enemy are deceitful.

If the lion has eaten your enemy it doesn't make him your friend.

Base: ROM 3 Rounds of
10 Burpee Broad Jumps

Spend no time on the ground. Perform a Burpee and jump as far forward as possible and immediately perform another.

20 Split Jumps

Alternating legs: Lt and Rt 1 Rep

10 Pull Ups

(12)

Skill: 30 Full Range of Motion Overhead Squats @ 75-95
(5)

Strength: 5 Rounds of 5 Pause Back Squat

5-5-5-5-5

Begin @ 65-75% 1 RMBS: Increase loads through the component.

Pause at the bottom of the (FULL) squat for a 2 Count and return to standing exploding from the squat.

MetCon: 5 Rounds for time of

20 Meter Bear Crawl

20 Meter Overhead Walking Lunges @ 25-45

Stamina/Endurance: Race Pace 1600 Meter Run
(6-8)

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