

# 150601 Monday Back Squat

Pro 25:21-22

If thine enemy be hungry, give him bread to eat; and if he be thirsty, give him water to drink: For thou shalt heap coals of fire upon his head, and the LORD shall reward thee.

**Base:** ROM; 3 Rounds @ 75-135 of  
"Curtis P"

Each Round consists of 6 rotations through the following: 1 Power Clean, 1 Forward Lunge Left and 1 Forward Lunge Right then 1 Push Press. Do this without breaking the round (Do Not set the barbell down until you complete the round)

See @ <https://youtu.be/uLff8fhPIQg>

(12)

**Skill:**

15 Front Squats @ 45-95

Work for balance and flexibility:SKILL-SKILL-SKILL!

(5)

**Strength:** 10 Rounds of 80-100

5-1-5-1-5-1-5-1-5-1

Begin with 80% of 1 RMBS for 5 reps and progress through 10 rounds alternating between 80 and 100% of your BS 1 RM. When you complete 5 reps load your 1 RMBS and do 1 rep. Unload the bar to 80% and execute 5 more. Repeat for 10 rounds alternating between 80 and 100% lifts. Your Rest and Recovery is the weight exchange.

(16)

**MetCon:** 5 Rounds For Time of  
10 Box-Over Jumps @ 24" Box  
15 Double Under Jump Rope  
(12 Cap)

**Endurance:** 400 Meter "Farmer Carry" @ 35-55  
10 PU Penalty for each Drop

**Stamina:** Stretch and AbCore  
300 Reps Abdominal Core  
Sit Ups; Reverse Crunch; Flutter Kicks; Leg Levers;  
Hanging Knee Ups with 20# MedBall.

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