

# 151026 Monday Squat

Pro 29:1

He who is often rebuked, and hardens his neck, Will suddenly be destroyed, and that without remedy.

*The Lord corrects us when we are in opposition to Him. If we refuse the correction and turn the other way we will be destroyed.*

**Base:** ROM 3 Rounds of  
10 Burpee Box Jumps  
25 Double Under Jump Rope  
(12)

**Skill:** 20 Overhead Squats @ 45-95

Make this a Skill Component working on perfect form for OHS

See @ <https://youtu.be/CqnxSlyvr-k>

(5)

**Strength:** 4 Rounds of Front Squat

8 @ 50%

6 @ 60%

4 @ 70%

Failure @ 80%

As many reps as possible @ Rx Tempo

**TEMPO @ 4-0-4-2**

Scale for full ROM and safety.

**Loads will be much less than normal due to TUT.**

Eccentric (Lowering the Load) @ 4 count; No pause at the bottom of the lift-restart immediately after breaking 90 degrees; Concentric (Lifting the Load) @ 4 Count; No Lockout at the top of the lift. Pause for a 2 count but not with the legs locked: no bone-on-bone support. Support pause should be just at the breaking point of full contraction i.e. A slight dip in the knee. Move from the pause into the eccentric contraction of the next rep.

Keep the elbows high and the bar racked on the shoulders.

Use 60-80% 1 Rep Max FS Loads

Scale: FS is tough on the wrists so scale for skill and safety.

(15)

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

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Chose ONE of the following to complete the Rx

## MetCon: "Samson Shuffle"

With a simple deck of playing cards. . .

Separate all the Face Cards including the Jokers from the Deck. This should give you 18 cards, 4 Kings, 4 Queens, 4 Jacks, 4 Aces, and 2 Jokers. Shuffle these 18 cards and place them in a stack. Take the remaining cards and shuffle them well. Place them in a stack next to the Face Cards.

Aces: Everything as per the number card

Kings: Push Ups

Queens: Sit Ups

Jacks: Burpee's

Jokers: Everything Twice the number drawn

Turn Face Cards over to see which exercise you are going to perform. Turn a Number Card over to find the reps you will be performing. Complete the component with the Rx number of reps.

(20)

**Stamina:** Jog, Swim, Row, or Ride 20 Minutes

## Endurance: "Tabata"

2 Rounds @ 1 each

Sit Ups

4 Count Flutter Kick

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