

150511 Monday Front Squat

Pro 25:3

The heaven for height, and the earth for depth, and the heart of kings is unsearchable.

Base: ROM; 3 Rounds of
10 Burpee Box 'Side-Up' Jumps

Jump onto the box from the side: i.e. jumping sideways, step off to the opposite side jumping back onto the box from that side. Alternate sides for 1 rep. If you cannot jump to the box sideways, step up onto the box sideways and repeat from the opposite side for 1 rep.

15 Dive Bomber Push Ups
15 MedBall Cleans @ 25#'s

Do not drop the ball. Make a continuous movement from the ground to overhead extension then lower back to the floor.

4 Minutes Per Round

(12)

Skill:

30 Overhead Squats @ 45-95
Work for balance and flexibility.

(5)

Strength: 5 Rounds of 5 Front Squat @ 75-85% 1 RM
5-5-5-5-5

Begin with 75-85% of 1 RMFS and progress through 5 rounds increasing loads each round. Maintain form and squat full. Keep hips in and spine locked, heels flat, and elbows high.

(12)

2+ Minutes per round

MetCon: 10 Rounds of
1 Rep Max OHS (Overhead Squat)
Pull ups to failure

(12)

Endurance: Run/Row 1600 'Race Pace'

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