

150907 Monday Back Squat

Pro 28:7

Whoso keeps the law is a wise son: but he that is a companion of riotous men shames his father.

We are someone's son. Let's live in Christ so that our fathers are proud to call us theirs.

Base: ROM 3 Rounds of

15 Alternating Hands Frwd/Back Push Ups

1 hand at the side the other overhead-Push Up. Alternate hands 1 at side other overhead-Push Up=2 Reps

15 Split Jumps

15 Weighted Sit Ups @ 25-45

(15)

Skill: 30 Overhead Squat @ PVC

Rookies: Air Squat working flexibility and skill.

(5)

Strength: 8 Rounds of Back Squat

3-3-3-3-3-3-3-3

Increase loads through the Rx. Begin @ 75-85% 1 RMBS Scale to skill and use loads that you can safely move.

FULL SQUAT: BREAK 90 EACH REP!

(15)

MetCon: 5 Rounds for time of

7 @ 55-75 Pound 'Thrusters'

5 Pull Ups

7 Kettlebell Swings @ 1-2 Pood

35-70 Pounds

(12)

Stamina: For Time:

50 GHD Sit Ups

50 Hanging Leg Lifts

Lift knees above the waist while hanging from a Pull Up Bar

(7)

Endurance: In Stamina

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