

150126 Monday Front Squat

Pro 22:1

A good name is rather to be chosen than great riches, and loving favour rather than silver and gold.

Base: ROM; 3 Rounds of "Curtis P"

6 Reps=1 Round of 1x = Hang Squat Clean + Left Lunge
+ Right Lunge + Push Press

(12)

Skill: 30 'Pistol' Squats 15 Each Leg

(5)

Strength: 4 Rounds of 8-12 Front Squat

Add weight as you progress squatting full. Work for loads that fail @ 8-12 reps. **Failure** means that you cannot perform another rep with good form. All loads must force failure within the rep range. 7 Reps is too heavy, 13 too light.

(15)

MetCon: 5 Rounds for Time of

10 Overhead Squats @ 75/95

15 MedBall Log Hops

With a 15-25# MedBall Hop side-to-side stepping over a 12" cone.

Hop step over the cone to the right, tap the trail foot and immediately hop step to the left. Repeat for 15 reps each side.

20 Push Ups

(12)

Stamina/Endurance: 2 Rounds of
25 GHD Sit Ups/10 Box Jumps @ 24" Box

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