

180529 Day Two: Back Squat

Pro 29:9

If a wise man contends with a foolish man, Whether the fool rages or laughs, there is no peace.

It's a lost cause to argue with a fool. If or when you do there is no longer one fool talking but two. A fool only desires to hear himself.

Base: ROM @ 5 Rounds of
5 Dead Lift @ 75% Body Weight-Keep loads @ Warm Up levels
50 Meter "Farmer Carry" @ 35-70
15 MedBall or Weighted Sit Ups @ 15-35

Scale to Skill and Strength

(15)

Skill:

No Load Olympic Bar Dead Lift
Emphasize perfect spine and shoulder positioning.

(5)

Strength: 6 Rounds of Back Squat*

5-5-5-3-3-3

***Scale to Skill and Strength**

(18)

MetCon / Stamina / Endurance: 3 Rounds of *

"TIME OUT?"

One Minute Rounds w/20 Second Recovery

Burpee's with Lateral Jump**

Plate Clean and Jerk 25-45***

Jump Rope Regular Jumps

***Scale to Skill and Strength**

**Perform a regular Burpee w/o a Push Up (If you did this weeks Day One yesterday you're probably sore or getting there) jump to your feet and then elevate jumping laterally as high and far either left or right as you are able. Repeat for the opposite direction.

***With an Oly Plate in your hands, squat in a perfect Dead Lift/Squatting position touching the plate to the floor between your feet. Clean and press the weight overhead. Repeat this Rx as rapidly as possible avoiding hitting yourself in the chin or forehead with the plate. (Don't ask how I come to recommend this caution!)

(18)

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