

151123 Monday Back Squat

Pro 29:12

If a ruler pays attention to lies, All his servants become wicked.

Leaders who lie propagate servant who lie and are disloyal

Base: ROM 3 Rounds of

10 Box-Over Jumps @ 24" Box

Facing a 24" Box Jump over the box without touching any part of it landing on the ground or floor on the other side. Turn and repeat for a second jump.

10 Kettlebell Swings each arm alternating arms

10 Hand-Release Push Ups

(12)

Skill: 30 Front Squats

Scale Loads to skill acquisition

See @ <https://youtu.be/yziQ5qJozus>

(5)

Strength: 5 Rounds of Back Squat

8-6-4-4-Fail

8 @ 60% 1 RMBS; 6 @ 70%; 4 @ 80%; 4 @ 90%; Max Reps to Fail @ 95%

Scale Loads to Skill and Strength

Do Not sacrifice Load for Form; work at a load that you can perform safely and with perfect mobility and form

TEMPO @ 4-0-4

Concentric (Raising the Load) @ 4 count; No pause at the top of the lift;

Eccentric (Lowering the Load) @ 4 Count; Do Not stop at the bottom the Squat. After breaking 90 degrees begin the acceleration on the Concentric Contraction.

(25)

Chose ONE of the following to complete the Rx

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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MetCon: "Samson's Shuffle"

SAMSON SHUFFLE: With a 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 the numbered cards in a stack next to the Face Cards. You decide what each Face Card represents. All the remaining cards represent the number of reps for each exercise dictated by the Face Cards.

Place the Face Cards and Number Cards on the floor or grass in the center of your workout area.

(Any open area approximately 50-60 feet wide so you can run or shuffle back and forth. If you don't have a large area you can jump rope for 60 seconds, perform 20-25 double unders, row 150 meters, execute 30-40 jumping jacks, standing row 15-20 Sumo Dead Lift High Pulls with 45-75#'s, or run in place for 60 seconds. The idea is to be active between each of the components).

Begin the WOD by completing the activity you chose to perform between the card draws.

Continue the activity until you have completed a 30-60 second activity. Turn a Face Card over to see which exercise you are going to perform and then turn a Number Card over to find the reps you will be performing. Complete the exercise with the Rx number of reps. Repeat the activity circuit again returning to the cards. Turn another Face Card and Number Card to find out what you are doing next. Continue this protocol until you have turned over all of the face cards. Reshuffle the Face Cards and continue the protocol until you have exhausted either the Number Cards or yourself.

Face Card Suggestions:

Kings=Pull Ups

Queens=Split Jumps

Jacks=High Hang Power Cleans @ 55-75

Aces=All of your choice exercises for each Face Card; Kings, Queens, and Jacks

Jokers=Perform 2x the number of reps Rx'd on the number card drawn

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

Endurance: 3 x "Tabata"

1 @ Sit Ups

1 @ 4 Count Flutter Kick

1 @ Push Ups



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