

150721 Tuesday Back Squat

Pro 26:23

Fervent lips with a wicked heart
Are like earthenware covered with silver dross.

A passionate sound from the mouth of an evil man is like silver paint on a clay pot.

It looks good but it's worthless.

Base: ROM 3 Rounds of
10 Burpee Frog Jumps

Spend no time on the ground. Perform a Burpee and jump as far forward as possible; immediately perform another for 10 Reps.

15 Kettlebell Swings

(12)

Skill: 30 Full Range of Motion Front Squats @ 75-95

(5)

Strength: 6 Rounds of Back Squat

10-8-6-4-2-1

Tighten Spine through the entire lift. Scale Loads to skill. Work from 65% 1 RMBS and progress through the Rx adding loads you can handle safely squatting full range of motion. Be sure to break 90

Degrees: Hip joint below the knee every rep.

MetCon: 5 Rounds for Time of

3 Barbell Thrusters @ 55-75

25 Double Under Jump Rope

(No DU's? 50 Regular Jumps.)

15 Weighted Sit Ups @ 25-45

Endurance: 4 x 100

10 x 20 Starts

Sprint Start for 10 and decelerate for 10

(6)

Stamina: 50 Sit Ups; 50 Leg Levers; 50 4-Count Flutter Kicks; 50 Sit Ups

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