

151019 Monday Back Squat

Pro 28:15

As a roaring lion, and a ranging bear; so is a wicked ruler over the poor people.

Oppressive rulers are like wild animals to the people they oppress.

Base: ROM 3 Rounds of
10 Split Jumps
10 Dive Bomber Push Ups
25 Double Under Jump Rope
(12)

Skill: 10 Single Leg (Pistol) Squats
(5)

Strength: 4 Rounds of Back Squat
8 @ 50%
6 @ 60%
4 @ 70%
Failure @ 80%
As many reps as possible @ Rx Tempo

TEMPO @ 4-2-0-4

Scale for full ROM and safety.

Loads will be much less than normal due to TUT.

Eccentric (Lowering the Load) @ 4 count; Isometric (Static Hold) 2 count just above 90 degrees; Concentric (Lifting the Load) @ 4 Count; No Lockout at the top of the lift and no pause. Move immediately into the next rep.

Focus on smooth movements maintaining breathing at all times.

Work is intended to elicit muscle failure.

Use 60-80% 1 Rep Max Loads

BE SURE TO HAVE A SPOTTER OR BLOCK STANDS

(15)

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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Chose ONE of the following to complete the Rx

MetCon: MedBall Mania
50 MedBall Toss @ 10' Target

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

Endurance: "Tabata"
2 Rounds @ 1 each
Toes-To-Bar; Sit Ups

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