

180911 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. For when you do there is no longer one fool talking but two. A fool only desires to hear himself.

Base: ROM @ 1 Round of*

500 Jump Rope

50 Meter OHWL @ 45-75*

20 Ring Dips

*Scale for skill and strength working Full ROM (Range of Motion)

Make it "Base" an not a MetCon

(15)

Skill:

Back Squat @ Olympic Bar

Work the full ROM emphasizing the bar line keeping the load on the centerline of the body.

(5)

Strength: 6 Rounds of Back Squat*

5-5-4-4-3-3

Add loads to each round maintaining form and safety

*Scale to Skill and Strength

(18)

MetCon / Stamina / Endurance: For Time

“הנחש”

(“The Snake”)

21-15-9

Dead Lift @ 40-50% 1 RM*

Handstand Push Ups

*Scale to Skill and Strength

(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