

150309 Monday Back Squat

Pro 23:17

Let not thine heart envy sinners: but be thou in the fear of the LORD all the day long.

Base: ROM; 3 Rounds of
10 "Pistol" Squats each leg
16 Single Leg Burpee
(Alternate left/right legs for each rep; total 16)
20 Split Jumps
(Alternate left/right legs for each rep; total 20)
(12)

Skill: 30 Front Squats @ 75-135
(5)

Strength: 5 Rounds of 5 Back Squat @ 1/2-Full
5-5-5-5-5

Begin with 60% of your 1 RMBS. Each rep will consist of one half and one full squat. Control the descent to the bottom of a back squat (Hip crease below the knee hamstring to calf). Push to above 90 degrees then lower back down into the full squat position maintaining perfect form. Finish the full squat up to the standing position: knees, hips, extended, chest up and controlled.

MetCon: 8 Minute AMRAP of
8 Knees-To-Elbows
12 Hand Release Push Ups
(8)

Stamina/Endurance: Run 1600 @ 'Race Pace'

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