

## 180612 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 @ 5 Rounds of  
5 Dead Lift @ 65% Body Weight-Keep loads @ Warm Up levels  
25 Meter OH Lunge @ 45-75  
10 Side-Walking-Push Ups

### **Scale to Skill and Strength**

(15)

**Skill:** Double Under Jump Rope

(5)

**Strength:** 6 Rounds of Back Squat\*

5-5-5-3-3-3

### **\*Scale to Skill and Strength**

Work at heavy loads for the 3's. Be sure you understand how to fail safely.

See video link below for safety tips on Squat Fails

<https://youtu.be/9T-zHRO42rY>

(18)

**MetCon / Stamina / Endurance:** 3 Rounds of

### **“TIME OUT III”\***

One Minute Rounds w/20 Second Recovery

Pistol Squat foot on bench 50/50\*\*

Kettlebell Swings @ 25-75

Jump Rope Regular Jumps

**\*Scale to Skill and Strength**

\*\*Right foot on bench 'Pistol' squat left leg for :30. Switch legs and repeat :30 Add Vest or DB for Elite Trainees

(18)

### 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*