

190101 Day Two: Back Squat

Happy New Year WEEK FOUR

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 @ Run/Sprint 1600

(8)

Skill: Air Squat for Flexibility

(5)

Strength: WEEK FOUR add 10-20 Pounds

1 Round of 20 Back Squats

(15)

Welcome to week four of our massive strength and size training. If you've been with us you know it's brutal!

[See 181211 Day Two PDF for protocol](#)

MetCon/Stamina/Endurance: 5 Rounds for Time of

5 Handstand Push Ups

10 Burpee's (No Push Up)

15 Four Count Flutter Kicks

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