

## 181120 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 3 Rounds of 1 Minute Each

:45 Seconds ON-:15 Seconds R&R

Alternating 1 Hand Samson Shot Put

Standing with a MB at shoulder level, explore with shoulder and legs shot putting the MB overhead catching with the opposite hand

MB Burpee's

Hands on MB perform a Burpee and Jump Knee Tuck

(12)

**Skill:** Single Leg "Pistol" Squat

(5)

**Strength:** 3 Rounds of 5 Pause Back Squat

5-5-5 @ 2-2-1-1

Add weight as you progress squatting full with a pause of 2 at the bottom of the lift.

Down on 2 count and hold at bottom for 2 count; explode from the pause to full extension.

Be sure to have a SPOTTER!

(12)

**MetCon:** 5 Rounds for Time of

5 Box 'Over' Jumps:

50 Double Under Jumps

(12)

**Stamina/Endurance:** 25 Each-GHD SU/Reverse Crunch

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