

## 180717 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 DB Dead Lift @ 45-75 Scale for Warm Up levels  
25 Meter Overhead Walking Lunge @ Sandbag 50-75  
Clock Push Up @ 12-3-6-9-12-12-9-6-3-12

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

(15)

**Skill:** Dead Lift Protocols  
Skill and Technique

See @ <https://youtu.be/op9kVnSso6Q>

(5)

**Strength:** 5 Rounds of Back Squat\*

5-5-5-5-5

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

Use Heavy Loads and Full ROM

See video link below for safety tips on Squat Fails

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

(18)

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

### **“TIME OUT IX”\***

One Minute Rounds w/20 Second Recovery

Box Jump @ 24” Box

MedBall Clean and Toss

Ring Push Ups

(Elite Trainees Feet on Bench)

**\*Scale to Skill and Strength**

(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