

# 150518 Monday Back Squat

Pro 25:8

Go not forth hastily to strive, lest thou know not what to do in the end thereof, when thy neighbour hath put thee to shame.

**Base:** ROM; 3 Rounds of  
5 Burpee Cone Jumps

Perform a Burpee and Jump Forward over a cone. Perform a Burpee and jump backwards over the cone. Perform a Burpee and jump sideways over the cone. Perform a Burpee and jump sideways back.  
Equals One Rep

10 Alternating Hand MedBall Sit Ups @ 25#'s

Do not drop the ball (It's hard on the face!). Do a sit up supporting the MB overhead at all times with one hand; sit up fully upright (MB to the ceiling) and lower back to supine before switching hands and repeat for 1 rep.

4 Minutes Per Round

(12)

**Skill:**

30 Overhead Walking Lunges @ 45-95

Work for balance and flexibility.

(5)

**Strength:** 5 Rounds of 5 Back Squat @ 75-85% 1 RM

5-5-5-5-5

Begin with 75-85% of 1 RMBS and progress through 5 rounds increasing loads each round. Maintain form and squat full. Keep hips in and spine locked, heels flat.

(12)

2+ Minutes per round

Let's do this again!

**MetCon:** 10 Rounds of  
1 Rep Max OHS (Front Squat)  
Pull ups to failure

(12)

**Endurance:** Run/Row 1600 'Race Pace'

**Stamina:** Stretch and AbCore  
300 Reps Abdominal Core  
Sit Ups; Reverse Crunch; Flutter Kicks; Leg Levers;  
Hanging Knee Ups with 20# MedBall.

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