

## SATURDAY 130119 (DAY 3) BACK SQUAT

"The lips of the wise disperse knowledge, But the heart of the fool [does] not [do] so."

NKJV

Proverbs 15:07

**Base:** ROM / 25 Burpee Pull Ups (10 Minute Cap)

**Skill:** Back Squat (5 Minute Cap)  
See Video: Back Squat

**Strength:** 8 Rounds of 3 Back Squat (12 Minute Cap)  
3-3-3-3-3-3-3-3 (24)

Begin with 75% of last 3 RM; increase the load each round.

Keep loads heavy enough to work hard.

If/When you break form, return to the last perfect lift to complete the component. .

Maintain form and skill development at all costs.

Do Not sacrifice form for loads.

**MetCon:** 5 Rounds for Time of: (20 Minute Cap)

30 Double Under's or 100 Regular Jumps

10 Weighted Box Steps @ 95/75/45

10 Ring Dips

15 Kettlebell Swings @ 1.5 Pood

5 Box Jumps

**Stamina:** On-The-Minute for 10 Minutes

100 Meter Sprints w/5 Burpee Chaser

**Endurance:** 50 GHD Sit Ups and 3 x 2 Minute Plank Holds

# BOVICE

**Base:** 25 Burpee's / 15 Pull Ups

**Skill:** 95 / 75 / Olympic Bar

See Video link

**Strength:** 5 Rounds; Scale Loads to Strength and Skill.

**MetCon:** 3 Rounds Scale by 50%

**Stamina:** 50% Rx

**Endurance:** Scale @ 50%

# COMPETITOR

**Base / Skill:** as Rx'd

**MetCon:** Rx Scale Loads to Skill and Strength

**Stamina:** Rx

**Endurance:** Rx

# ELITE

As Rx'd

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