

150504 Monday Back Squat

Pro 24:28

Be not a witness against thy neighbour without cause; and deceive not with thy lips

Base: ROM; 3 Rounds of

10 Burpee Box 'Over' Jumps

Jump over the box without touching it; turn and repeat for the Rx.

12 Dive Bomber Push Ups

15 MedBall Toss @ 10' Target.

Catch the ball each rep and touch it to the floor before beginning the next rep.

(12)

4 Minutes Per Round

Note the (Number-Time) in parenthesis.

This is what I refer to as a "CAP". That means that as an athlete you will either complete the Rx (prescription) as outlined: i.e. Reps and exercises Rx'd or finish the component in the "CAP" time allowed.

"CAP" is a time restriction that prevents you from working too long on any component.

"CAP's" are established for Novice to Intermediate Trainees therefore you will want to work hard to finish within that time element. Advanced and Elite Trainee's should beat the "CAP" in each component of the WOD. The "SKILL" component is the exception.

This module is designed for you to master the skill Rx.

Do "SKILL" components with deliberate and purposeful movements!

Skill:

100 Meter Overhead Walking Lunges @ 35-50 Sandbag
No Sandbag, use something difficult to carry that makes you 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.

(12)

2+ Minutes per round

MetCon: 3 Rounds of 21-15-9 of

24" Box Jumps

Hand Release Push Ups

Pull Ups

(12)

MetCon must be done in 12 Minutes

Endurance: 10 x 100 Meter Sprints

Sprint 100

Rest with 12 Sit Ups 12 Push Ups Between Rounds

Stamina: Stretch

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