

# 150427 Monday Front Squat

Pro 24:23

These things also belong to the wise. It is not good to have respect of persons in judgment.

**Base:** ROM; 3 Rounds of  
12 Overhead Squat @ 75  
10 Dive Bomber Push Ups  
12 Burpee Side Jumps  
(15)

**Skill:** 30 Overhead Walking Lunges @ 45 Olympic Bar  
Work on balance and full ROM  
(5)

**Strength:** 5 Rounds of 8 Front Squat @ 65-70% 1 RM  
8-8-8-8-8-8-8-8  
Begin with 65-70% of 1 RMFS and progress through 5 rounds increasing loads each round. Maintain form and squat full. Elbow high, hips in and spine locked.  
(10)

**MetCon:** 3 Rounds of 21-15-9 of  
24" Box Jumps  
Hand Release Push Ups  
Pull Ups  
(12)

**Endurance:** 8 x 100 Meter Sprints  
Sprint 100  
Rest with 10 Sit Ups 10 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