

## 180515 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 @ 1 Round of

10 Sandbag Get Ups Each Side

10 Moderate Load Dead Lift 75% Body Weight

20 GHD Sit Ups

**Scale to Skill and Strength**

(15)

**Skill:**

'Pistol' Squats

Work on Flexibility and Range of Motion

(5)

**Strength:** 6 Rounds of Back Squat\*

5-5-5-5-5

**\*Scale to Skill and Strength**

Try to maintain a 4-0-1-0 Tempo\*\*

4-Eccentric; 0-Pause at the bottom; 1 or No Count for Concentric phase-Explode to standing and repeat for Power

\*\*This is brutal but builds tremendous strength, size, and Power

(18)

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

**"Hammered"**

1 Minute MedBall Toss @ 20-25 Lbs.

1 Minute Pull Ups

1 Minute Box Jumps @ 24"

1 Minute Push Press @ 75-95

1 Minute Jump Rope

1 Minute Rest between rounds

\*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*