

## 130227 WEDNESDAY (2) FRONT SQUAT

"By means of a harlot [A man is reduced] to a crust of bread; And an adulteress will prey upon his precious life. Can a man take fire to his bosom, And his clothes not be burned? Can one walk on hot coals, And his feet not be seared? So [is] he who goes in to his neighbor's wife; Whoever touches her shall not be innocent."

NKJV

Proverbs 6:26-29

**\*Base:** ROM 4 Rounds Not Timed "Curtis P"

10 Minute Cap

**\*Skill:** Squat

Work on full range and flexibility

Feet placement and bar position (PVC)

**\*Strength:** Front Squat 3 Rep Max- 12 Minute Cap

3-3-3-3-3-3 (15)

Scale loads to skill and strength.

Increase loads until form breaks or the component is complete.

If form breaks, complete the component at the last perfect lift load.

Keep Hips forward, chest up

Perfect form!

**\*MetCon:** 5 Rounds for time of

10 Pistols (Each Leg)

15 Kettlebell Swings @ 2.0 Pood

Adjust loads to skill and strength

3 Rope Ascents

Sub 6 Towel PU for each ascent

**\*Stamina:** 400-400-200-100 (120 Sec Rest) 100-200-400-400

Sprints with 1/2 bout time for recovery

Sprint 400 Rest 1/2 the time it took to do the 400; repeat for each sprint.

**\*Endurance:** Buddy Carry 400 Meters

No Buddy? Carry 75 Lb. sandbag

\*30 Minute WOD's choose Base, Skill and MetCon components; 45 Minute WOD's Base, Skill, Strength, and MetCon; 60+ Minute WOD's choose all components. Scale loads to skill and strength level. Train hard with purpose:

TRAIN HARD WITH PURPOSE:

"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."

KJV

Col. 3:17