

150707 Tuesday Back Squat

Pro 26:13

The slothful man saith, There is a lion in the way; a lion is in the streets.

Base: ROM 3 Rounds of
1 Minute Double Under Jump Rope
(No DU's Reg Jump)
15 Side Walking Push Ups
20 Weighted Sit Ups @ 25-45
(12)

Skill: 40 Overhead Squats @ Olympic Bar
(5)

Strength: 5 Rounds of Back Squat
10-8-6-4-2

Tighten Spine through the entire lift. Scale Loads to skill.
Work from 65% 1 RMBS

MetCon: 5 Rounds for Time of
10 Overhead Squats @ 75-95 (Scale to skill)
5 Pull Ups
10 Burpee's

Endurance: 200 Meter Walking Lunges
(6)

Stamina: 5x 100 Meter Sprints

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

