

# 150921 Monday Back Squat

Pro 28:13

He who covers his sins will not prosper, But whoever confesses and forsakes them will have mercy.

*You cannot hide the truth: It always bleeds through.*

**Base:** ROM 5 Rounds of  
15 Side-Walking Push Ups  
9 Box Jumps @ 24" Box  
21 Weighted Sit Ups @ 25-45 Plate  
(15)

**Skill:** 30 'Pistol' Squats  
Squat on one leg alternating legs. Work on balance and full ROM.  
(5)

**Strength:** 6 Rounds of Back Squat  
10-8-6-5-4-3  
Increase loads through the Rx. Begin @ 55-65% 1 RMsDL  
(15)

**MetCon:** As Many Rounds as Possible in 12 Minutes of  
10 Overhead Squat @ 75-135  
5 Wide Grip Pull Ups  
(12)

**Stamina/Endurance:** Three "Tabata" Rounds of  
Sit Ups; Air Squats; Reverse Crunch  
"Tabata": 8 Sets of :20 all out exercise followed by :10 Rest. Rest  
1 Minute between rounds.

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