

# 150728 Tuesday Front Squat

Pro 27:1

Do not boast about tomorrow,  
For you do not know what a day may bring forth.

*Don't be tell'n everybody what you're gonna do, you may not live to do it. Trust in the LORD and He will bring it to pass.*

**Base:** ROM 3 Rounds of  
10 Burpee Side Jumps

Spend no time on the ground. Perform a Burpee and jump as far sideways as possible; immediately perform another returning to the starting position for 10 Reps.

20 Alternating Hand Kettlebell Swings  
(Each swing counts as a rep: get em' overhead boys!)

30 Double Under Jump Rope

(12)

**Skill:** 30 Full Range of Motion Overhead Squats @ 75-95

**SCALE TO SKILL**

(5)

**Strength:** 6 Rounds of Front Squat

10-8-6-4-2-1

Tighten Spine through the entire lift. Scale Loads to skill. Work from 65% 1 RMBS and progress through the Rx adding loads you can handle safely squatting full range of motion. Be sure to break 90°: Hip joint below the knee every rep. Keep the Elbows high and the bar at the neck. This might be a little difficult for Rookies!

**SCALE TO SKILL**

**MetCon:** 5 Rounds 21-15-9-15-21 for time:

Push Ups

Air Squats

**Endurance:** 4 x 200  
5 x 20 Starts  
Sprint Start for 10 and decelerate for 10  
(15)

**Stamina:** 50 Sit Ups; 50 Mountain Climbers; 50 4-Count  
Flutter Kicks

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