

TUESDAY 130219 (2) BACK SQUAT 1 RM

"The wicked covet the catch of evil men, But the root of the righteous yields fruit."

NKJV

Proverbs 12:12

***Base:** ROM / 2 Rounds of 30 Each- 10 Minute Cap

Box Jumps

Samson Push Ups

(Elite Full; Competitor 2 Rounds of 20; Novice 1 Round of 15.)

***Skill:** Back Squat-5 Minute Cap Olympic Bar Only

***Strength:** 10 Rounds of 1 Rep Max Back Squat-12 Minute Cap

1-1-1-1-1-1-1-1-1-1 (10)

Use the Skill component to warm up for this Max.

Work hard on maintaining form with the HEAVY Reps. Continue at your best completed perfect form BS. DO NOT sacrifice form for loads.

Pay close attention to Eyes, Chest and Hips @ 3 O'clock; Head @ 12, Feet @ 6.

Rest 60 to 90 Seconds between attempts.

(Elite-Full, Competitor-Full; Novice Full; scale loads to afford perfect form.)

***MetCon:** 5 Rounds For Time 20 Minute Cap.

5 Body Weight Dead Lifts

10 Weighted Box Step Ups @ 95 / 45

See Video Below

Use Barbell and not Dumbbells to maintain a High Load

20 Ring Push Ups

Work Full Range of Motion; All the way up and down.

(Elite Full; Competitors Full, Step Ups @ 45; Novice Step Ups @ PVC.)

***Stamina:** "Tri-Bata" 15 Minute Cap

Row / Run / Ride

Tabata Protocol

(Elite Full; Competitors Full; Novice Full.)

***Endurance:** 5K Row or Run

(Elite Full; Competitors 200; Novice 100)

***Training Levels:** Elite-Competitors-Novice WOD components are color-coded and annotated for scaling. Always scale loads and reps to skill and strength level. Train hard with purpose and have fun. . .



One of my basic food groups. Yum!

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