

## 130320 WEDNESDAY (3) BACK SQUAT 3 RM

"When it goes well with the righteous, the city rejoices; And when the wicked perish,  
[there is] jubilation."

NKJV

Proverbs 11:10

**"BREAK OUT"**

**\*Base:** ROM / 15 Minutes PT- 10 Minute Cap

Follow the SealGrinderPT outline of exercises. Choose the best for you and perform them for the allotted time.

(Elite Full, Competitor Full, Novice Full)

**\*Skill:** Squat-5 Minute Cap

See Video

**\*Strength:** 1 Rep Max Back Squat- 10 Minute Cap

(Elite-Full, Competitor-Scale Loads, Novice; Manageable weight that allows for perfect form.)

10-8-6-4-3-3-1-1-1 (37)

Begin @ a weight that you have to work to get 10 Reps but can get 10.

Add weight @ 10-20# increments as you progress toward a 1 RM.

Be careful to keep your eyes, abdomen, and chest at 3 o'clock.

Bring your hips forward with each rep keeping the back and bar path over the instep of the foot. Lift with the hips.

**\*MetCon:** 5 Rounds of-20 Minute Cap

15 Towel Pull Ups

20 Box Jumps

30 Double Under Jump Ropes

Can't do DU's Substitute 60 Reg Jumps

40 Meter Out-n-Back

Set a Cone/Marker 20 Meters from your station and sprint to it and back.

(Elite Full; Competitors 3-4 Rounds; Novice 3 Rounds)

**\*Stamina:**

800 Meter Sandbag Run / Carry  
75 / 45# Sandbag  
(Elite Full; Competitors 400; Novice 200)

**\*Endurance:** AbCore 300

75-4 Count Flutter Kicks  
75-Sit Ups  
50-25 Each Side, Side Ups  
50-Leg Levers  
50- 'V' Sits

Lay flat on the floor / mat, arms extended over the head, biceps at the ears. Simultaneously lift the legs and upper body toward the ceiling creating a 'V' with the upper and lower torso. Touch the toes with the fingers of the hands and return to the starting position lowering the torso to the mat.

(Elite Full; Competitors 150; Novice 100-Adjust reps accordingly.)

**\*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 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