

## 180731 Day Two: Back Squat

Pro 29:9

If a wise man contends with a foolish man, Whether the fool rages or laughs, there is no peace.

*It's a lost cause to argue with a fool. For when you do there is no longer one fool talking but two. A fool only desires to hear himself.*

**Base:** ROM @ 3 Rounds of

3 -5 Dead Lift @ 75% Body Weight

25 Meter Overhead Walking Lunge @ 35-70

Clock Push Up-Feet on a ball @ 12-3-6-9-12-12-9-6-3-12

**Scale to Skill and Strength**

(15)

**Skill:** Air Squat Protocols  
Skill and Technique

See @ [https://youtu.be/C\\_VtOYc6j5c](https://youtu.be/C_VtOYc6j5c)

(5)

**Strength:** 7 Rounds of Back Squat\*

5-5-5-3-3-3-3

**\*Scale to Skill and Strength**

Use Heavy Loads and Full ROM increase loads @ 3's

See video link below for safety tips on Squat Fails

<https://youtu.be/op9kVnSso6Q>

(18)

**MetCon / Stamina / Endurance:** 3 Rounds of

**“TIME OUT XI”\***

One Minute Rounds w/20 Second Recovery

Ring Extended Push Ups

[https://youtu.be/e\\_Pj03EAlsE](https://youtu.be/e_Pj03EAlsE)

MedBall Clean and Toss

TRX Back Row

<https://youtu.be/p8d2pFLDkEs>

(Adjust Angle for greater training loads)

**\*Scale to Skill and Strength**

(18)

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*