

## 180703 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 @ 5 Rounds of

5 Dead Lift @ 65% Body Weight-Keep loads @ Warm Up levels

25 Meter Farmers Carry @ 50-70#

Clock Push Up @ 12-3-6-9-12-12-9-6-3-12

**Scale to Skill and Strength**

(15)

**Skill:** Air Squat @ Full Range of Motion ROM

(5)

**Strength:** 5 Rounds of Back Squat\*

5-5-5-5-5

**\*Scale to Skill and Strength**

Use Heavy Loads and Full ROM

See video link below for safety tips on Squat Fails

<https://youtu.be/9T-zHRO42rY>

(18)

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

**“TIME OUT VI”\***

One Minute Rounds w/20 Second Recovery

Side Hopping Skaters

MedBall Clean and Toss

Incline PU's Feet on Bench

**\*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*