

# 150316 Monday Front Squat

Pro 23:23

Buy the truth, and sell it not; also wisdom, and instruction, and understanding.

**Base:** ROM; 3 Rounds of  
10 Overhead Squats @ 75-95  
10 Burpee Pull Ups  
10 Jump Knee Tuck  
(12)

**Skill:** 10 Each Leg "PISTOL" Squats  
Work on balance and full ROM  
(5)

**Strength:** 5 Rounds of 5 Front Squat @ 1/2-Full  
5-5-5-5-5

Begin with 60% of your 1 RMBS. Each rep will consist of one half and one full squat. Control the descent to the bottom of a back squat (Hip crease below the knee hamstring to calf). Push to above 90 degrees then lower back down into the full squat position maintaining perfect form. Finish the full squat up to the standing position: knees, hips, extended, chest up and controlled.

**MetCon:** 8 Minute AMRAP of  
8 Knees-To-Elbows  
12 Hand Release Push Ups  
(8)

**Stamina/Endurance:** Run 2 X 800 @ 'Race Pace'

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