

## 180925 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 @ 1 Round of\*

Run 1 Mile or Row 2 Miles or Ride 3 Miles

20 Ring Dips

\*Scale for skill and strength working Full ROM (Range of Motion)

**Make it "Base" an not a MetCon**

(15)

**Skill:**

Dead Lift w/ROM Bar Only

Work the full ROM emphasizing the bar line keeping the load on the centerline of the body.

(5)

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

8-6-5-4-3-2-1

Add loads to each round maintaining form and safety

\*Scale to Skill and Strength while finding a new 1 RMBS

(18)

**MetCon / Stamina / Endurance:** For Time 2 Rounds of

“שתיים-שש”

(“12-6”)

12 Dead Lift @ 60% 1 RM\*

12 Handstand Push Ups

12 Wide Grip Behind the Neck Pull Ups

12 Atomic Push Ups <https://youtu.be/Wp6-x5Tg2gk>

1 Round of 12 then 1 Round of 6

(15)

**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