

150928 Monday Front Squat

Pro 28:13

He who covers his sins will not prosper, But whoever confesses and forsakes them will have mercy.

Don't try to hide anything, you will be the worst for it. Confess your errors and forsake them and you will have mercy.

Base: ROM 3 Rounds of
10 Overhead Walking Lunge @ 45
50 Regular Jump Rope
10 Weighted Sit Ups
(15)

Skill: 10 'Air' Squats

Work on balance and full ROM. Perform the work on a 7-0-7-0 Tempo emphasis on Range-of-Motion ROM.

7 Seconds to lower to a full squat and 7 seconds to elevate to a standing position; no pause at the bottom or top of the Rx

(5)

Strength: 4 Rounds of Front Squat

5-5-5-5

TEMPO @ 5-0-2-0

Scale for full ROM and safety.

Eccentric (Lowering the Load) @ 5 seconds; Concentric (Lifting the Load) @ 2 Seconds. Focus on TUT (Time Under Tension)

(15)

Chose ONE of the following to complete the Rx
See FAQ for the change in WOD protocols

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

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MetCon: ON-THE-MINUTE

4 Minutes of

10 Burpee Pull Ups

(4)

Stamina: Jog, Swim, Row, or Ride 15 Minutes

Endurance: "Tabata"

Abdominal Work: Choose your exercise and complete the Rx

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