

# 151012 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  
20 Overhead Walking Lunges  
10 Box Jump @ 24" Box  
20 Weighted Sit Ups @ 25-45  
(15)

**Skill:** 50 Air Squats  
30 Second Squat Holds  
(5)

**Strength:** 4 Rounds of Front Squat

8-6-4-Failure

TEMPO @ 5-0-2-0

Scale for full ROM and safety.

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

Work is intended to elicit muscle failure.

Each round should last approximately 20-30 Seconds.

Use 70-80% 1 Rep Max Loads

BE SURE TO HAVE A SPOTTER OR BLOCK STANDS

(15)

Chose ONE of the following to complete the Rx

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: "Samson Shuffle"

With a simple deck of playing cards. . .

Separate all the Face Cards including the Jokers from the Deck. This should give you 18 cards, 4 Kings, 4 Queens, 4 Jacks, 4 Aces, and 2 Jokers. Shuffle these 18 cards and place them in a stack. Take the remaining cards and shuffle them well.

Place them in a stack next to the Face Cards. You decide what each card represents. All the remaining cards represent the number of reps for each of the Face Cards.

Place the Face Cards and Number Cards on the floor or grass in the center of your workout area (Any open area approximately 50-60 feet wide so you can run or shuffle back and forth. If you don't have a large area you can jump rope for 60 seconds, perform 20-25 double unders, row 150 meters, execute 30-40 jumping jacks, standing row 15-20 Sumo Dead Lift High Pulls with 45-75#'s, or run in place for 60 seconds. The idea is to get a cardio charge between each of the components).

Stand in front of the cards. Begin the WOD by shuffling or running to either end of the 50-60 foot area. Continue shuffling/running back and forth through the area until you have completed 3 full circuits and returned to the starting position.

When the shuffle/run/row/jumps are completed turn a Face Card over to see which exercise you are going to perform. Turn a Number Card over to find the reps you will be performing. Complete the component with the Rx number of reps. Repeat the shuffle/run/row/jumps circuit again returning to the cards. Turn another Face Card and Number Card to find out what you are doing next.

Continue this protocol until you have turned over all of the face cards. Reshuffle the Face Cards and continue the protocol until you have exhausted either the Number Cards or yourself.

(12)

**Stamina:** Jog, Swim, Row, or Ride 20 Minutes

**Endurance:** "Tabata"

2 Rounds @ 1 each

Toes-To-Bar; Mountain Climbers

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