

180828 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*

10 Body Weight Back Squat

50 Meters Overhead Walking Lunges @ Sandbag 45-75#

30 Side Walking Push Ups

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

Make it “Base” an not a MetCon

(15)

Skill:

Dead Lift @ Olympic Bar

Work the full ROM emphasizing the bar line keeping the load on the centerline of the body and lifting with the posterior chain

<https://youtu.be/op9kVnSso6Q>

(5)

Strength: 6 Rounds of Back Squat*

5-5-4-4-3-3

Add loads to each round maintaining form and safety

*Scale to Skill and Strength

(18)

MetCon / Stamina / Endurance: For Time

“Dude, This is Hard”

15 Body Weight Dead Lift @ 225*

30 Handstand Push Ups

45 TTB's or KTE's

*Scale to Skill and Strength

(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