

150615 Monday Back Squat

Pro 26:3

A whip for the horse, a bridle for the ass, and a rod for the fool's back.

Don't be an Ass that must be beaten to conform to the will of GOD. Do the Lords' will willingly and reap the harvest!

Base: ROM; 3 Rounds

12 Overhead Squats with a MedBall

15 Side-Walking-Push Ups

18 Alternating Hand MB Sit Ups

(15)

Skill:

30 Overhead Squats @ 45-95

Balance/Flexibility: **SKILL-SKILL-SKILL!**

(5)

Strength: 5 Rounds of 5 BackSquat

5-5-5-5-5*

*Chaser: 5 'Pistol' Squats each leg

Begin with 70-75% of 1 RMBS for 5 reps and progress through 5 Rounds a per Rx. Add loads as you progress. When/If form breaks complete the component at that load.

STAY WITHIN THE REP RANGE!

(3 is too heavy, 6 too light)

REMEMBER: Full Squat-hip bend below the knee. Scale to skill and strength: work on full range of motion-ROM each rep.

Keep the Chaser full ROM

(16)

MetCon: 3 Rounds of 9-15-21

Single Leg Burpee

Perform a traditional Burpee but land on only one foot on the kickback keeping the other foot/leg off the ground.

Jump back to the standing position from the landing leg;

Alternate feet each rep.

24" Box Jump

Rookies: Box Jump

Vets: Box-Over Jump

(12 Cap)

Endurance: 400 Meter "Burden Carry" @ 50-100

10 PU Penalty for each Drop

Use Sandbag or Olympic Bar and Plates at shoulder level.

Stamina: Stretch and AbCore

250 Reps Abdominal Core

50 Sit Ups; 50 Reverse Crunch; 50 4 Count Flutter Kicks;

50 Leg Levers; 50 Hanging Knee Lifts

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