

151109 Monday Squat

Pro 29:8

Scoffers set a city aflame, But wise men turn away wrath.

Scoffers are they that ridicule everything that is not their own invention and cause discord among all they meet.

The wise man learns to calm a bad situation and to control the moment.

Base: ROM 3 Rounds of
10 Overhead Squats @ 75-135 Scale to skill
10 24" Box Jumps
10 MedBall Toss @ 10' Target @ 20# Ball
(14)

Skill: 20 'Pistol' Squat
See @ <https://youtu.be/qDcniqddTeE>
(5)

Strength: 11 Rounds of Back Squat
1-1-1-1-1-1-1-1-1-1-1
1 @ 75% 1 RMBS; 1 @ 80%; 1@ 85%; 1 @ 90%; 1 @ 95%;
1 @ 100%; 1 @ 105%; 3 Rounds @ Max to Failure
Be sure to have a spotter or use a rack for failure lifts.

TEMPO @ 4-0-4
Scale for full ROM and safety.

Eccentric (Lowering the Load) @ 4 count; No pause at the bottom of the lift-restart immediately after breaking 90 degrees; **Concentric** (Lifting the Load) @ 4 Count; No Lockout at the top of the lift. Pause for a count but not with the legs locked: no bone-on-bone support.

Use 75-105% 1 Rep Max BS Loads

Scale: To skill and strength.

Work to the next round as fast as conditioning will allow.

(25)

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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Chose ONE of the following to complete the Rx

MetCon: "Samson's Roll"

Equipment needed:

3 Regular Playing Dice

It helps if one or all the dice are different colors.

Use one of the colored dice to determine the exercise protocol:

This Dice will show the exercise to be done:

1=Pull Ups

2=Jump Knee Tuck

3=Side Walking Push Ups

4=Double Under Jump Rope

5=Hang Clean @ 75-95

6=4 Count Mountain Climber

If you roll 'Doubles' Double the number of the two Dice

If you roll 'Snake Eyes' Do 50 of the exercise

To Play:

Roll the 3 Dice. Note the exercise protocol from 1 Dice and add the numbers of the other two dice to determine the number of reps to be performed. i.e. Exercise Dice @ 6=4 Ct MC other dice @ 6&4=10 Reps.

That's 10 reps of 4 Ct MC

(20)

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

Endurance: "Tabata"

2 Rounds @ 1 each

Sit Ups

4 Count Flutter Kick

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