

190108 Day Two: Back Squat WEEK FOUR

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 @ Jog1600
(5)

Skill: Air Squat for Flexibility
(5)

Strength: **WEEK FOUR add 10-20 Pounds**
1 Round of 20 Back Squats
(15)

[See Week Two for the Rx](#)

Super strength and super size without drugs or machines.
Just simple gut wrenching effort. READY?

Here's how it works:

<https://nebula.wsimg.com/9dbf4100b0528962fd01d6d3e0535f3a?AccessKeyId=84E1E384CC4CE290F3F5&disposition=0&alloworigin=1>

MetCon/Stamina/Endurance: 3 Rounds for Time of
21-15-9
Push Ups
Reverse Grip Bent Row
Reverse Crunch
(12)

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