

180417 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 @ 21-15-9*

1-2 Pood Kettlebell Swings

1/2 Body Weight Bench Press

5 Each 'Pistol' Squat

Make it "Base" an not a MetCon

(15)

Skill:

Front Squat

Keep Elbows high and heels flat to the floor. Head, Chest, up; Hips engaged.

<https://youtu.be/m4ytaCJZpl0>

(5)

Strength: 5 Rounds of Back Squat*

10-8-5-5-5

Add loads to 5's working @ 4-0-2-0 Tempo**

*Scale to Skill and Strength

**Lower the bar from the standing position on a count of 4, no pause at the bottom, raise the bar on a count of 2, no pause (except to gain balance and breathe) at the top.

Repeat for another rep.

(18)

MetCon / Stamina / Endurance: 15 Minute AMRAP of:

"Sydney"

5 Body Weight Dead Lift

10 Four Count Mountain Climbers

5 Bar Dips

(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