

151214 Monday Front Squat

Pro 29:12

If a ruler pays attention to lies, All his servants become wicked.

Leaders who lie propagate servant who lie and are disloyal

Base: ROM 3 Round of
15-9-15
Clock Push Ups
Overhead Squat @ 75-95
Pull Ups
(15)

Skill:

Air Squat

Work on full ROM, Hamstring to Calf, for flexibility

(5)

Strength: 8 Rounds of Front Squat

8 @ 50%

6 @ 55%

5 @ 60%

4 @ 70%

3 @ 80%

2 @ 85%

2 @ 90%

SCALE TO SKILL AND STRENGTH

Do Not sacrifice Skill for Load

Work with loads that produce max efforts but. . .

DO NOT

Sacrifice Form for loads: Keep spine locked with full ROM

See video below

<https://youtu.be/wyDbagKS7Rg>

(18)

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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Please Pay Close attention to the Cap Times (?) located
below each of the Components
(Located Here below each Component)

Chose ONE of the following to complete the Rx

MetCon: 10 Minute AMRAP

5 Burpee Box Jumps @ 24" Box

7 Plank Pull Ups feet on bench

9 Sumo Dead Lift High Pulls @ 75-95

Scale to skill and strength

(10)

Stamina: 3 "Tabata" Rounds of

Run, Row, or Double Under

:20 seconds all out followed by :10 seconds rest, repeated for 4

Minutes. Rest for 1-2 minutes between each round.

(16)

Endurance:

1000 Jumps any style

(10)

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