

150630 Tuesday Front Squat

Oldies 141209

Pro 21:1

The king's heart is in the hand of the LORD, as the rivers of water: he turneth it whithersoever he will.

Base: ROM 3 Rounds of 1 Minute Each

Quick Feet Drills

See @ <http://youtu.be/gXkt1txOunI>

No Ladders? Use a 25-45 pound plates upside down, paper plates, towels, or other flat surface. Place in straight line and step-hop over or on top of the obstacle.

Quick Hands Drills

Plank Position: Left hand on a MedBall, right hand on the floor. Move left placing your left hand on the floor and right hand on the MedBall. Return to start position by placing your right hand on the floor and left hand on the ball.

Repeat for 1 Minute. Keep arms extended

(8)

Skill: 40 Overhead Squats @ 25 Pound MedBall

(5)

Strength: 8 Rounds of 3 Back Squat

3-3-3-3-3-3-3

Tighten Spine through the entire lift. Scale Loads to skill.

Work from 75% 1 RMBS

MetCon: 5 Rounds for Time of

10 "Pistol" Squats each leg

12 Donkey Kicks

Begin the exercise like a Burpee but instead of allowing the feet to touch the ground elevate the hips and kick both feet back like a Donkey. Jump back to the starting position and repeat.

Stamina: 200 Meter Walking Lunges
(6)

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