

150406 Monday Back Squat

Pro 24:7

Wisdom is too high for a fool: he openeth not his mouth in the gate.

Base: ROM; 3 Rounds of
10 Box Jumps
15 Dive Bomber Push Ups
20 Frog Jumps @ Side-To-Side
5 Handstand Push Ups
(15)

Skill: 30 Overhead Squat @ 45-95# Scale to skill
Work on balance and full ROM
(5)

Strength: 10 Rounds of 1 Back Squat @ 75-105% 1 RM
1-1-1-1-1-1-1-1-1-1

Begin with 90-95% of your 1 RMFS and continue to add weight until you complete the component or your form breaks. In 10 rounds find a new 1 RMBS

(15)

MetCon: 8 Minute AMRAP of
5 Pull Ups
10 Hand Release Push Ups
(8)

Endurance: "40-40-15"

Sprint 40 Rest for 10 Sit Ups and Sprint 40 x 15

Stamina: 50 GHD Sit Ups and 3 Minute Plank Hold

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