

## FRIDAY 130125 (I) BACK SQUAT

"The evil will bow before the good, And the wicked at the gates of the righteous. "

NKJV

Proverbs 14:19

**Base:** ROM / 25 Burpee Pull Ups (10 Minute Cap)

**Skill: Back Squat** (5 Minute Cap)

**Strength:** 8 Rounds of 3 Back Squat  
w/ 1 DH "L" Pull Up Chaser\* (15 Minute Cap)

3-3-3-3-3-3-3 (24)

Begin with 75% of last 1 RM; increase the load each round. Keep loads heavy enough to work hard.

\*(After each round do 1 Dead Hang "L" Pull Up-No kipping.)

**MetCon:** 5 Rounds For Time of: (20 Minute Cap)

30 DU's or 75 Regular Jumps

10 OHS @ 45 Plate or Olympic Bar

10 Ring Dips

15 KBS @ 1 / 1.5 / 2 Pood

30 DU's or 75 Regular Jumps

**Stamina:** On-The-Minute for 10 minutes

100 Meter Sprints

**Endurance:** 50 GHD Sit Ups

3 x 2 Minute Plank Holds

## "NOVICE"

**Base:** Rx

**Skill:** Rx Work w/Olympic Bar or PVC

**Strength:** 5 Rounds working with manageable loads.

Take care to having a spotter. Work on the technique; loads will come with skill and training.

See Squat Basics.

**MetCon:** 3 Rounds with Scaled loads and 50% rep ratio.

**Stamina:** 4 x 100 Meter Sprints

Rest as needed.

**Endurance:** 20 GHD's; 1 Plank Hold

## "COMPETITOR"

**Base / Skill** as Rx'd

**MetCon:** 3 Rounds

**Stamina:** 7 x 100 Meter Sprints O-T-M

**Endurance:** Rx

## "ELITE"

As Rx'd



"Is this what he meant when he said 'Log Carry'?"

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