

# 180306 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 @ 3 Round of\*

10 Single Leg Dead Lift w/DB or Oly Bar at the side

10 Box Jumps

10 Burpee Pull Ups

\*Scale for skill and strength working Full ROM (Range of Motion)

(12)

**Skill:**

Plank Variations

<https://youtu.be/BSdspgFhVQE>

(5)

**Strength:** 6 Rounds Back Squat\*

5-5-4-4-3-3

\*Scale to Skill and Strength

(18)

**MetCon / Stamina / Endurance:** For Time

“Diane”

21-15-9

Dead Lift @ 225

Body Weight Hand Stand Push Ups

We thank [CrossFit.com](http://CrossFit.com) for this WOD

(15)

**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