

## 181106 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 Rounds of

10 "Pistol" Single Leg Squats each leg.

20 MedBall Toss @ 10' Target 16/20# Ball

20 Hand-Release Push Ups

(10)

**Skill:** Dead Lift for Skill 'No Load'

(5)

**Strength:** 8 Rounds of Back Squat

10-1-10-1-10-1-10-1

Add weight as you progress squatting full. Work for One Rep Max Back Squat between 10 rep sets. Begin with 75% of your old Max for 8-10 reps then add 5 lbs to the old Max for one rep. Drop back to 75% for 10 and repeat. Be sure to have a spotter and stop when your form breaks.

(20)

**MetCon:** Max Pull Ups in 12 Minutes

Use a vest or other weight to work harder.

(12)

**Stamina/Endurance:** Jog 1600

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*