

150112 Monday Front Squat

Pro 21:18

The wicked shall be a ransom for the righteous, and the transgressor for the upright.

Base: ROM

50 Air Squats

50 Alternating Hand KBS @ 1/1.5 Pood

50 Push Ups

(12)

Skill: 30 Overhead Squats @ 75-95

(5)

Strength: 3 Rounds of 5 Pause Front Squat

5-5-5 @ 2-2-1-1

Add weight as you progress squatting full with a pause of 2 at the bottom of the lift. Down on 2 count and hold at bottom for 2 count; explode from the pause to full extension. Use a load that fails @ 5. **Failure** means that you cannot perform another rep with perfect form.

(12)

MetCon: 5 Rounds for Time of Single leg "Pistol Squats" to failure

Failure: you cannot perform another rep with perfect form.

50 Double Under Jumps

No DU's? 100 Regular Jumps

(12)

Stamina/Endurance: 50 Each-GHD SU/Reverse Crunch

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