

150420 Monday Back Squat

Pro 24:15-16

Lay not wait, O wicked man, against the dwelling of the righteous; spoil not his resting place: For a just man falleth seven times, and riseth up again: but the wicked shall fall into mischief.

Base: ROM; 3 Rounds of
12 'Split' Jumps
15 Dive Bomber Push Ups
20 Frog Jumps @ Side-To-Side
(15)

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

Strength: 3 Rounds of 8 Squat @ 65-75% 1 RM
8-8-8
Begin with 65-75% of 1 RMBS and progress through 3 rounds increasing loads each round. Maintain form and squat full.
(10)

MetCon: 20 Minute AMRAP of
3 Squat Cleans @ 135
10 Hand Release Push Ups
15 Drop Squats
(20)

Endurance: "200 x 6 x 20"
Sprint 200 Rest for 20 Sit Ups and Sprint 200 x 6

Stamina: In Endurance

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