

150330 Monday Front Squat

Pro 24:5

A wise man is strong; yea, a man of knowledge increaseth strength.

Base: ROM; 3 Rounds of
20 Meters OH Walking Lunges @ 45-95
Burpee Frog Jumps @ 20 Meters
1 'Clock' PU @ 12-3-6-9-12-9-6-3-12
(12)

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

Strength: 5 Rounds of 5 FrontSquat @ 75-85% 1 RM
5-5-5-5-5
Begin with 75-85% of your 1 RMFS and continue to add weight until you complete the component or your form breaks.

MetCon: 5 Rounds of
10 Toes-To-Bar
10 MedBall Toss @ 10' Target
(8)

Endurance: Intervals
On a track, football field, or measured 100 Meters,
Sprint 40 Meters, Jog the remaining 60 Meters. Repeat for 10
Rounds. R&R for the Sprint is the jog 60. Restart the next 40
when you can

Stamina: 100 Sit Ups; 100 4 Count Flutter Kicks
Row or Run 800 at moderate pace.

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