

181211 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 @ Run/Sprint 1600*

*Run on a soft surface if possible sprinting for :25 followed by :35 moderate run.

(5)

Skill: Air Squat for Flexibility

(5)

Strength: 1 Round of 20 Back Squats

(12)

OK kids, welcome to an old school protocol for massive strength and size. This isn't for the faint at heart. It's brutal! If you are willing and disciplined to endure the pain, the results will amaze you.

Super strength and super size without drugs or machines.

Just simple gut wrenching effort. READY?

Here's how it works:

For the next 6 weeks you will be Squatting 20 reps every Squat WOD. Begin with a weight that challenges you for 10-12 reps but perform 20 reps with that load. (Be certain the load challenges a 10-12 rep protocol but that you are able to do it and not fail at 12. This can be a challenge but don't fret. Adjust the loads if necessary.)

This protocol requires eking out the last 8 reps with everything you have in the tank. It's gonna hurt, a lot, but hang in there, the results will be phenomenal; I promise. Pause and catch your breath between reps but keep going. Be certain you have a rack, spotter, a place, and the knowledge of how to fail.

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

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Warm Up use the “Base” along with a couple of warm-up rounds of LIGHT LOAD BB squats. DO NOT MAKE THE WARM-UP A WORKOUT, JUST WARM-UP. When you are prepared for all out effort, load the bar with your WOD weight and begin.

Place the bar just below the trap line on the neck. To find that line press the hands into the bar while its resting on the shoulder in the rack; this will create a ‘grove’ for the bar just below the trap. Maintain a straight spine, no rolling the shoulders or forward lean. If you are bending the back You Will Get Injured. Keep the eyes forward with as if you are looking yourself in the eye. Place the insides of the feet just outside the hips with the toes slightly turned out-no wide base feet. Your knees should track over the feet but not in front of the toes. DO NOT bow or allow the knees to go inward. Breathe with each rep working fully through each rep-no half squats-only full ROM.

Each week add an additional 5-10 pounds to your effort. That means that you will be @ 30-50 pounds increase for 20 reps. That’s incredible! DO NOT go for more than 6 weeks without a 6 week break. The body needs time to recover from this type of WOD.

Good Effort Will Always Pay Off!

MetCon: 5 Rounds for Time of
10 Clapping Push Up
10 Pull Ups
10 MedBall Toss
(12)

Stamina/Endurance: 25 Each-GHD SU/Reverse Crunch

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