

150818 Tuesday Back Squat

Pro 27:17

As iron sharpens iron, So a man sharpens the countenance
of his friend.

Friends hold each other accountable and it makes them stronger.

Base: ROM 3 Rounds of
10 Burpee Box Jumps

Spend no time on the ground. Perform a Burpee and jump over a 24"
box without touching it. Turn and repeat.

12 4 Count Mountain Climbers

3 25# Weighted Pull Ups

Scale to skill and strength.

(12)

Skill: 30 Overhead Squat @ PVC or Oly Bar

(5)

Strength: 6 Rounds of Back Squat

6-5-4-3-2-1

Begin @ 75-80% 1 RMBS: Increase loads through the component
Rx. Full Range of Motion: Full Squat breaking 90 Degrees @ the
Knee Joint and Hip.

MetCon: For 15 Minutes

"Half Chelsea"

On-The-Minute for 15 Minutes

5 Pull Ups

10 Push Ups

15 Air Squats

(15)

Stamina: In MetCon

Endurance: In MetCon

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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