

# 150608 Monday Front Squat

Pro 25:27

It is not good to eat much honey: so for men to search their own glory is not glory.

**Base:** ROM; 2 Rounds

25 @ 75-135 Overhead Walking Lunges\*

\*Scale Loads to Skill and Strength

25 Side Walking Push Ups

25 Crossover Sit Ups

Right Elbow to Left Knee/Left Elbow to Right Knee

(15)

**Skill:**

30 Overhead Squats @ 45-95

Balance/Flexibility:**SKILL-SKILL-SKILL!**

(5)

**Strength:** 10 Rounds of Front Squat

8-6-4-3-2-2-1-1-1-1

Begin with 70% of 1 RMFS for 5 reps and progress through 10 rounds a per Rx. Add loads as you progress to a new 1 RMFS

(16)

**MetCon:** 3 Rounds of 9-15-21

Box Jumps @ 24" Box

Double Under Jump Rope

4 Count Mountain Climbers

Feet outside to the hands, not between the hands

(12 Cap)

**Endurance:** 400 Meter "Burden Carry" @ 50-100

10 PU Penalty for each Drop

**Stamina:** Stretch and AbCore  
250 Reps Abdominal Core  
50 Sit Ups; 50 Reverse Crunch; 50 4 Count Flutter Kicks;  
50 Leg Levers; 50 Hanging Knee Lifts

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