

# 150811 Tuesday Front Squat

Pro 27:12

A prudent man foresees evil and hides himself;  
The simple pass on and are punished.

*Keep your eyes and ears open to the voice of the Holy Spirit; it'll save you heartache.*

**Base:** ROM 3 Rounds of  
10 Burpee Side Jumps

Spend no time on the ground.  
Perform a Burpee and jump as  
far sideways as possible.  
Immediately perform another  
Burpee returning back to the  
starting position.

9 Clock Push Ups

12-3-6-9-12-9-6-3-12  
Perform 1 PU at each clock  
location.

Wide Grip Pull Ups  
(12)

**Skill:** 30 'V' Sits

Laying on the floor (the only part  
of the body touching the floor is  
the low back-feet and hands off  
the floor), hands overhead and  
legs extended, lift the legs and  
hands toward the ceiling  
touching the fingers to the toes  
at the top. Return to the  
extended position for

1 rep

(5)

**Strength:** 6 Rounds of  
Front Squat

8-6-5-4-2-1

Begin @ 65-75% 1 RMFS:  
Increase loads through the  
component Rx. Full Range of  
Motion: high elbows and hip  
engagement.

**MetCon:** For Time  
"Fran"

21-15-9

Barbell Thrusters  
Pull Ups

**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