

150302 Monday Front Squat

Pro 23:12

Apply thine heart unto instruction, and thine ears to the words of knowledge.

Base: ROM; 3 Rounds of
12 MedBall Toss @ 10' Target
8 Burpee Single Leg
(Alternate left/right legs for one rep)
12 Box-Over Jump @ 24" Box
(12)

Skill: 30 Overhead Squat @ 75-115
(5)

Strength: 8 Rounds of 3 Front Squat
3-3-3-3-3-3-3-3

Add weight as you progress squatting full. Work for 3 Rep Max Front Squat. Begin with 85% of your old 3 RM adding 5 lb. to each round. Stop adding weight when/if your form breaks. Focus on full ROM and Hip, Knee, Spine extension. Break below 90 degrees.

(20)

MetCon: 12 Minute AMRAP of
5 Back Squat @ 135
8 Pull Ups
12 Hand Release Push Ups
(8)

Stamina/Endurance: 4 x 200

Active Rest-the time it took you to perform the 200 rest and recovery doing Sit Ups. Run a 200; rest doing sit ups for the time it took to complete the sprint.

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