

## 180431 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 @ 3 Rounds of

10 Overhead Squats @ Moderate Loads-Sandbag

5 Moderate Load Dead Lifts-Body Weight

10 GHD Sit Ups

**Scale to Skill and Strength**

(15)

**Skill:**

Air Squats

Work on Flexibility and Range of Motion

(5)

**Strength:** 6 Rounds of Back Squat\*

10-8-6-4-3-3

**\*Scale to Skill and Strength**

Work on Lowering the Bar deliberately under full control @ 3 count. Pause at the bottom of the lift for a '1' count then explode to the start position. Pause for a '1' count before beginning another rep.

3-1-1-1 Tempo

(18)

**MetCon / Stamina / Endurance:** 12 Minute AMRAP of:

"JC"

Run 400

3 Dead Lift @ 1.5 Body Weight\*

10 Ring-Bar Dips

\*Scale to Skill and Strength

(12)

**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*