

150216 Monday Front Squat

Pro 22:26-27

Be not thou one of them that strike hands, or of them that are sureties for debts. If thou hast nothing to pay, why should he take away thy bed from under thee?

Base: ROM; 3 Rounds of
9 Thrusters @ 115
12 Box Jumps @ 24"
15 Double Unders
(10)

Skill: 30 Overhead Squat @ 45-95
(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.
(20)

MetCon: On-The-Minute for 12 Minutes
5 Pull Ups
10 Hand Release Push Ups
15 Air Squats
(12)

Stamina/Endurance: Jog 1600

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