

150119 Monday Back Squat

Pro 21:14

A gift in secret pacifieth anger: and a reward in the bosom strong wrath.

Base: ROM; 25 Each

Air Squats; Alt. Front/Back PU's; Burpee Knee-Tuck;
Side-Walking-Push Up; Weighted Sit Ups

(12)

Skill: 30 Overhead Squats @ 75-95

(5)

Strength: 3 Rounds of 10-12 Pause Back Squat

12-12-12 @ 2-2-1-1

Add weight as you progress squatting full with a pause of 2 at the bottom of the lift. Down on 2 count and hold at bottom for 2 count; explode from the pause to full extension. Use a load that fails @ 10-12. **Failure** means that you cannot perform another rep with perfect form.

(12)

MetCon: 5 Rounds for Time of
10 Each Leg Single Leg Box Jumps

Workload: Body weight-single leg on box, explode up as high as possible landing both feet on the ground on the other side of the box. Repeat for Rx alternating legs

10 MedBall Clean and Jerk

10 Hand Release Push Ups

(12)

Stamina/Endurance: 2 Rounds of
25 GHD Sit Ups/200 Meter Run

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