

150622 Monday Front Squat

Pro 26:8

As he that binds a stone in a sling, so is he that giveth honour to a fool.

Giving honor to a fool is going to come back at you with a vengeance!

Base: ROM; 3 Rounds of

Be sure to execute full ROM on each of these components; you're wasting your time with bad technique. It will take you no place fast!

15 MedBall Toss @ 10' Target

5 "Grizzlies"

'Grizzlies' are Samson's Option for a Burpee to end all Burpees. Begin standing as you would to execute a Burpee. Drop to the floor in one move kicking the feet back to a plank position. Perform a Push Up. Keeping hands in contact with the floor, jump with both feet as close to the right hand as possible then back to the plank and do a Push Up. Keeping hands in contact with the floor, jump with both feet as close to the left hand as possible then back to the plank and do a Push Up. Keeping hands in contact with the floor, jump toward the hands splitting the feet, right foot to right hand and left foot to left then back to the plank and do a Push Up. Jump back to the standing position: ONE REP!

10 Box Jumps @ 24"

(15)

Skill:

30 Overhead Squats @ PVC-95

Balance/Flexibility: **SKILL-SKILL-SKILL!**

(5)

Strength: 5 Rounds of 5 Front Squat

5-5-5-5-5*

*Chaser: 5 Each Leg-Forward Lunges

Begin with 70-75% of 1 RMFS for 5 reps and progress through 5 Rounds a per Rx. Add loads as you progress. When/If form breaks complete the component at that load.

STAY WITHIN THE REP RANGE!

(3 is too heavy, 6 too light)

REMEMBER: Full Squat-hip bend below the knee. Scale to skill and strength: work on full range of motion-ROM each rep. Be sure and keep the elbows high and up!

See Front Squat @ <https://youtu.be/m4ytaCJZplo>
(16)

MetCon: 3 Rounds of 21-15-9
Overhead Walking Lunge @ 45-75 weight or sandbag
Perform an overhead walking lunge on each leg for one rep.

See @ <https://youtu.be/6SAdh7sStRw>
Kettlebell Swing @ 35-70 lb. 1.5-2.0 Pood
(12 Cap)

Endurance: Swim 500 or Run 1600

Stamina: Stretch and AbCore
250 Reps Abdominal Core
50 Sit Ups; 50 Reverse Crunch; 50 4 Count Flutter Kicks;
50 Leg Levers; 50 Hanging Knee Lifts

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