

# 150901 Tuesday Back Squat

Pro 28:2

Because of the transgression of a land, many are its princes; But by a man of understanding and knowledge Right will be prolonged.

*We have corrupt leaders because we have denied GOD. Men of understanding; those knowing Christ as Savior, prolong the long suffering of YHVA.*

**Base:** ROM 5 Rounds of  
10 Burpee Box Jumps

Perform Burpee in front of a 24" Box. Jump over the Box without touching it. If you cannot jump over the box, jump onto the box and step off the other side: take care of knees and shins on the landing.

Turn and repeat for 10 reps.

12-Handstand Push Ups

See @ [https://youtu.be/\\_z6JgP219T8](https://youtu.be/_z6JgP219T8)

(12)

**Skill:** 30 Overhead Squat @ PVC, Oly Bar, 75-135  
Scale to SKILL-MAKE IT A SKILL COMPONENT!

(5)

**Strength:** 8 Rounds of Back Squat

3-3-3-3-3-3-3-3

Begin @ 75-80% 1 RMBS: Increase loads through the component Rx.  
Full Range of Motion: Full Squat breaking 90 Degrees @ the Knee and Hip Joints

**This could be brutal following Monday's Rx Dead Lifts. Scale to Skill, Strength, and Stamina**

**MetCon:** On-The-Minute for 10 Minutes

20 Double Under Jump Rope

5 Hand-Release Push Ups

(10)

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

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**Stamina:** Abdominal Core 250

50 4-Count Flutter Kicks

50 Reverse Crunch

50 Sit Ups

50 Hollow Rock

See @ <https://youtu.be/WzxiORnGYAE>

50 of any of the above

**Endurance:** In MetCon

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