

## SUNDAY 130106 (2) BACK SQUAT

“Understanding [is] a wellspring of life unto him that hath it: but the instruction of fools [is] folly.”

KJV

[Proverbs 16:22](#)

**Base:** ROM/4 “Daisy” Rounds

**Skill:** Overhead Squat  
See Video

**Strength:** 5 Rounds of 5 Back Squat with a 5 Box Jump Chaser  
5-5-5-5-5 (25+25 Jumps)

Work heavy without breaking form.  
Scale loads to skill level.  
Use 20” or 16” Box

**MetCon:** “Cindy-On Steroids” (?) We thank CrossFit for this WOD idea:  
See it’s original @ [www.crossfit.com](http://www.crossfit.com) “The Girls”

As-Many-Rounds-As-Possible in 30 Minutes of (?)

5 Dead Hang Pull Ups  
10 Ring Push Ups  
15 Overhead Squats @ Olympic Bar

**Stamina:** In MetCon

**Endurance:** 3200 Meter Run/Row

# BOVICE

**Base:** Rx 2 Rounds

**Skill:** Rx

**Strength:** 3 x 5 w/3 Rep Chaser

**MetCon:** "Cindy" CrossFit style

As Many Rounds as Possible in 20 Minutes of

5 Pull Ups

10 Push Ups

15 Air Squats

**Stamina:** Rx

**Endurance:** 1600 Meter Run/Row

# COMPETITOR

**Base / Skill** as Rx'd

**MetCon:** Rx @ 20 Minutes

**Stamina:** Rx

**Endurance:** Rx

# ELITE

Rx

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