

151002 Monday Squat

Pro 29:1

He, that being often reproved hardens his neck, shall suddenly be destroyed, and that without remedy.

If you turn from correction when you are corrected you will be broken swiftly and completely without healing.

Base: ROM 3 Rounds of
10 24" Box Jumps
10 Toes-To-Bar
10 Overhead Squats @ 75-135 Scale to skill
(14)

Skill: 20 'Pistol' Squat
See @ <https://youtu.be/qDcniqddTeE>
(5)

Strength: 4 Rounds of Back Squat
8-10 @ 50% 1 RMBS Warm Up Set
6-Failure @ 75% 1 RMBS
4-Failure @ 80-85%
Failure @ 85-90%

TEMPO @ 4-0-4

Scale for full ROM and safety.

Eccentric (Lowering the Load) @ 4 count; No pause at the bottom of the lift-restart immediately after breaking 90 degrees; **Concentric** (Lifting the Load) @ 4 Count; No Lockout at the top of the lift. Pause for a count but not with the legs locked: no bone-on-bone support.

Use 50-90% 1 Rep Max BS Loads

Scale: To skill and strength. Work for rep ratios that force failure at or within 1 rep of the Rx

Work to the next round as fast as conditioning will allow.

(15)

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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Chose ONE of the following to complete the Rx

MetCon: "Samson's Roll"

Equipment needed:

3 Regular Playing Dice

It helps if one or all the dice are different colors.

Use one of the colored dice to determine the exercise protocol:

This Dice will show the exercise to be done:

1=Push Ups

2=Sit Ups

3=Pull Ups

4=Burpee

5=Air Squat

6=4 Count Mountain Climber

If you roll 'Doubles' Double the number of the two Dice

If you roll 'Snake Eyes' Do 50 of the exercise

To Play:

Roll the 3 Dice. Note the exercise protocol from 1 Dice and add the numbers of the other two dice to determine the number of reps to be performed. i.e. Ex. Dice @ 6=4 Ct MC other dice @ 6&4=10 Reps.

(20)

Stamina: Jog, Swim, Row, or Ride 20 Minutes

Endurance: "Tabata"

2 Rounds @ 1 each

Sit Ups

4 Count Flutter Kick

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