

180206 Day Two: Back Squat

Pro 29:9

If a wise man contends with a foolish man, Whether the fool rages or laughs, there is no peace.

It's a lost cause to argue with a fool. For when you do there is no longer one fool talking but two. A fool only desires to hear himself.

Base: ROM @ 3 Round of*

5 Body Weight Dead Lift

10 ManMakers @ 25-50

*Scale for skill and strength working Full ROM (Range of Motion)

(12)

Skill:

Plank Variations

<https://youtu.be/BSdspgFhVQE>

(5)

Strength: 6 Rounds Back Squat

8-6-5-5-5-3

Be sure and have a spotter.

(18)

MetCon / Stamina / Endurance:

“Diane”

21-15-9

Deadlift @ 225

Handstand Push-Ups

<https://crossfit.com/workout/>

(20-25)

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