

## 130304 MONDAY (3) BACK SQUAT

### "LOTS A LUCK"

**\*Base:** ROM / 50 Each; MedBall Shots @ 10' Target, Burpee's (8 Minute Cap)

**\*Skill:** Air Squat-5 Minute Cap

(Elite Full; Competitor Full; Novice Full.)

**\*Strength:** 5 Rounds of 10 Back Squats & 10 Dead Hang Pull Ups-20 Minute Cap  
10-10-10-10-10 (50)

Work @ as heavy a load as possible for 5 Rounds of 8-10 Back Squats  
10 Dead Hang Pull Ups between rounds  
(Elite-Full, Competitor-Full; Novice Full; Scale loads.)

**\*MetCon:** Break the following into manageable brackets for 1 Round for Time. Keep the 800's as the start and finish. 20 Minute Cap.

Run/Row 800

50 OHS @ 45 Olympic Bar

75 Towel Pull Ups

50 Kettlebell Swings @ 2.0/ 1.5 Pood

Run/Row 800

(Elite Full; Competitors Full-Scale Loads; Novice Divide by 2-Scale Loads.)

**\*Stamina:** 10 Minute AbCore  
On-The-Minute

Sit Ups, Leg Levers, Side Ups Rt., 4 Count Flutter Kick, Weighted Sit Ups, Toes-To-Bar, Reverse Crunch, Side Ups Lt., 'V' Sit, Crunches

(Elite Full; Competitors Full; Novice Rounds 1-2 only.)

**\*Endurance:** For a little Extra Work-1600 LSD Run or Row

(Elite Full; Competitors Full; Novice Full.)

**\*Training Levels:** Elite-Competitors-Novice WOD components are color-coded and annotated for scaling. Always scale loads and reps to skill and strength level. Train hard with purpose and have fun. . .



“Keep Smil’n Bubba, when the pictures over you’re dinner!”