

181023 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. If or when you do there is no longer one fool talking but two. A fool only desires to hear himself.

Base: ROM 3 Round of

10 Squat Jacks

Jumping Jacks performed from a full squat position-tough!

20-4 Count Flutter Kicks

10 Burpee's

(12)**

Stay with the CAP: if you cannot complete the components within the CAP time stop and move on to the **NEXT component.

Scale components and reps within the Rx to accommodate skill and strength

Skill: 10 Single Leg Dead Lift @ each leg

55-75 DB or BB

Scale to skill and make this a skill component. Work slow and deliberate

(5)

Strength: 7 Rounds of Back Squat

10-8-6-4-6-8-10

Increase Loads through the Rx as you reduce the reps. Reduce the loads as you increase the reps

The Back Squat @ <https://youtu.be/ultWZbUMPL8>

(15)

MetCon/Stamina: 12 Minute AMRAP

Complete As Many Rounds As Possible in 12 minutes of

1 Dead Lift @ BW+50 or 225

3 OHS @ 135

15 KBS @ 1.5 Poed (55)

(8)



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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Or

Endurance: Jog 1600 (Mile)
(12)

New Trainees

Follow **Base** and **Skill** Components

Power/Strength: 3-5 Rounds of
5-8 DB Squat or BB Squat
(Increase loads from last WOD Rx)

See video training protocols: <https://youtu.be/CUaxieWWotw>

25-50 Regular Jumps w/Jump Rope

No Rope? Jump without a rope maintaining the rhythm of a Jump Rope

10-20 Sit Ups or Leg Levers

EXTRA: 20 Alternating Leg Box Steps

(20)

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