

150825 Tuesday Front Squat

Pro 27:22

Though you grind a fool in a mortar with a pestle along with crushed grain, Yet his foolishness will not depart from him.

No matter what you do to try to change a fool it won't work.

Base: ROM 5 Rounds of

10 Wide Grip Pull Ups

15-Hands on Floor 'Mule Kicks'

With hands on the floor kick both feet up and back at a 45 degree plus angle. Return the feet back to the floor and repeat.

(12)

Skill: 30 Overhead Squat @ PVC or Oly Bar

(5)

Strength: 5 Rounds of Front Squat

5-5-5-5-5

Begin @ 75-80% 1 RMFS: Increase loads through the component Rx.

Full Range of Motion: Full Squat breaking 90 Degrees @ the Knee Joint and Hip keeping the elbows high and bar racked at the shoulder.

MetCon: 5 Rounds For Time of

1 Body Weight Plus 50 Pounds Back Squat

75 Double Under Jump Rope

(8)

Stamina: If you didn't do the Abdominal work from 150824 WOD do it [HERE](#).

If you did it perform 50 Hanging, Weighted @ 20 lb. MetBall Knee Ups: Hang from a pull up bar, place MB between the knees squeezing the legs together to support the MB. Lift the knees above the waist without dropping the MB. Lower back to start position: 1 Rep

Endurance: In MetCon

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