

FRIDAY 130208 (3) BACK SQUAT

"The evil will bow before the good, And the wicked at the gates of the righteous. "

NKJV

Proverbs 14:19

Base: ROM / 25 Burpee Pull Ups (10 Minute Cap)

Skill: Back Squat (5 Minute Cap)

Strength: 8 Rounds of 3 Back Squat
w/ 1 DH "L" Pull Up Chaser* (15 Minute Cap)

3-3-3-3-3-3-3 (24)

Begin with 75% of last 1 RM; increase the load each round. Keep loads heavy enough to work hard.

*(After each round do 3 Dead Hang "L" Pull Ups–No kipping.)

MetCon: 5 Rounds For Time of: (20 Minute Cap)

30 DU's or 75 Regular Jumps

10 OHS @ 45 Plate or Olympic Bar

10 Ring Dips

15 KBS @ 1 / 1.5 / 2 Pood

30 DU's or 75 Regular Jumps

Stamina: On-The-Minute for 10 minutes

100 Meter Sprints

Endurance: 50 GHD Sit Ups

3 x 2 Minute Plank Holds

"NOVICE"

Base: Rx

Skill: Rx Work w/Olympic Bar or PVC

Strength: 5 Rounds working with manageable loads.

Take care to having a spotter. Work on the technique; loads will come with skill and training.

See Squat Basics.

MetCon: 3 Rounds with Scaled loads and 50% rep ratio.

Stamina: 4 x 100 Meter Sprints

Rest as needed.

Endurance: 20 GHD's; 1 Plank Hold

"COMPETITOR"

Base / Skill as Rx'd

MetCon: 3 Rounds

Stamina: 7 x 100 Meter Sprints O-T-M

Endurance: Rx

"ELITE"

As Rx'd

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