

181009 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 @ 1 Round of*

25 Clock Push Ups w/feet in rings: 12-3-6-9-12-9-6-3-12

50 Split Jumps

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

Make it "Base" an not a MetCon

(15)

Skill:

Moderate Weight Dead Lift

Work the full ROM emphasizing the bar line keeping the load on the centerline of the body w/the hips fully engaged forward.

(5)

Strength: 5 Rounds of Back Squat*

5-5-5-5-5

Add loads to each round maintaining form and safety

*Scale to Skill and Strength work @ 4-0-2-1 Tempo

(Lower on 4 count w/o a pause; power up on 2 count pause 1 before lowering)

(18)

MetCon / Stamina / Endurance: For Time 2 Rounds of

"מלח"

("Salt")

7 Dead Lift @ Body Weight + 50*

15 Atomic Push Ups <https://youtu.be/Wp6-x5Tg2gk>

10 Ring Dips

*Scale to skill and strength

(15)

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