

180220 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 @ 3 Round of*

5 Body Weight Dead Lifts

10 DB Incline Bench Press

10 Standing DB Curls

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

(12)

Skill:

Plank Variations

<https://youtu.be/BSdspgFhVQE>

(5)

Strength: 5 Rounds Back Squat*

5-5-5-5-5

*Scale to Skill and Strength bearing in mind the high volume of 'Air Squats' from yesterday's "Cindy" MetCon

(18)

MetCon / Stamina / Endurance: For Time

"DIRTY THIRTY"

30 Box Jumps (24/20 in)

30 Jumping Pull-Ups

30 Kettlebell Swings (35/26 lb)

30 Lunges

30 Knees-to-Elbows

30 Push Press (45/35 lb)

30 Back Extensions

30 Wall Balls (20/14 lb)

30 Burpees

30 Double-Unders

(20-25)

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