

# 150209 Monday Back Squat 1 RM

Pro 22:12

The eyes of the LORD preserve knowledge, and he overthroweth the words of the transgressor.

**Base:** ROM; 3 Rounds of  
10 "Pistol" Single Leg Squats each leg.  
20 MedBall Toss @ 10' Target 16/20# Ball  
20 Hand-Release Push Ups  
(10)

**Skill:** 30 Front Squat @ 45-95  
(5)

**Strength:** 8 Rounds of Back Squat  
10-1-10-1-10-1-10-1

Add weight as you progress squatting full. Work for One Rep Max Back Squat between 10 rep sets. Begin with 85% of your old Max for 8-10 reps then add 5 lbs to the old Max for one rep. Drop back to 85% for 10 and repeat. Be sure to have a spotter and stop when your form breaks.

(20)

**MetCon:** Max Pull Ups in 12 Minutes  
Use a vest or other weight to work harder.  
(12)

**Stamina/Endurance:** Jog 1600

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