

150714 Tuesday Front Squat

Pro 26:18

Like a madman who throws firebrands, arrows, and death, Is the man who deceives his neighbor, And says, "I was only joking!"

You're not joking when you deceive someone and then lie about it because you got caught. It means your crazy!

Base: ROM 3 Rounds of
1 Minute Air Squats
15 Hands forward and back Push Ups
5 Pull Ups
(12)

Skill: 30 Full Range of Motion Back Squats @ Oly Bar
(5)

Strength: 5 Rounds of Front Squat
10-8-6-4-2
Tighten Spine through the entire lift. Scale Loads to skill.
Work from 65% 1 RMBS

MetCon: 5 Rounds for Time of
3 Body Weight Back Squats
10 Snatch Grip Bent Row
(Be sure and keep the back flat. Pull to the belly button and squeeze the lats at the end.)
10 12-16" Cone Jumps side-to-side
(Over-Back: 1 Rep)

Endurance: 2 x 100
Bear Crawl 20 and Sprint 20
(6)

Stamina: 5 x 10 Sprint Starts

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