

150525 Monday Front Squat

Pro 25:14

Whoso boasteth himself of a false gift is like clouds and wind without rain.

Base: ROM; 3 Rounds of

10 Overhead Walking Lunges Each Leg @ 45
10 Each Hand Alternating Hand MedBall Sit Ups @ 25#'s
Do not drop the ball (It's hard on the face!). Do a sit up supporting the MB overhead at all times with one hand; sit up fully upright (MB to the ceiling) and lower back to supine before switching hands and repeat for 1 rep

10 'Samson' Push Ups

From a plank (Push Up starting position), arms extended, lower the body to the floor like a push up. Explode from the floor extending the arms out from the shoulders and splitting the legs like a jumping jack. Lower yourself in an extended push up; arms extended and feet apart. Explode from the floor back to the starting position. One Rep

(12)

Skill:

30 Overhead Squats @ 45-95

Work for balance and flexibility.

(5)

Strength: 8 Rounds of 3 Front Squat @ 85-90% 1 RM

3-3-3-3-3-3-3

Begin with 85-90% of 1 RMFS and progress through 8 rounds increasing loads each round. Maintain form and squat full. Keep hips in and spine locked, heels flat, and elbows high.

(16)

2+ Minutes per round

MetCon: For Time:
25 Box Jumps @ 24"
12 Sandbag 'Get Ups' each side @ 50-75
Scale Loads to skill and strength
(12 Cap)

Endurance: Run/Row 1600 'Race Pace'

Stamina: Stretch and AbCore
300 Reps Abdominal Core
Sit Ups; Reverse Crunch; Flutter Kicks; Leg Levers;
Hanging Knee Ups with 20# MedBall.

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