

181225 Day Two: Back Squat
Merry Christmas
WEEK THREE

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 @ Run/Sprint 1600*

*Run on a soft surface if possible sprinting for :25 followed by :35 moderate run.

(5)

Skill: Air Squat for Flexibility

(5)

Strength: **WEEK THREE add 10-20 Pounds**

1 Round of 20 Back Squats

(15)

OK kids, welcome (to week three) to an old school protocol for massive strength and size. This isn't for the faint at heart. It's brutal! If you are willing and disciplined to endure the pain, the results will amaze you.

Super strength and super size without drugs or machines.

Just simple gut wrenching effort. READY?

[See 181211 Day Two PDF for protocol](#)

MetCon/Stamina/Endurance: 5 Rounds for Time of

5 Each Hand Alternating Hand KBS

5 Plank Pull Ups

5 Oly Bar Curls @ Max Loads

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