

151228 Monday Back/Front Squat

Pro 29:12

If a ruler pays attention to lies, All his servants become wicked.

Leaders who lie propagate servant who lie and are disloyal

Base: ROM 3 Round of

21-15-9

135 Pound Dead Lift

Box Jumps @ 24" Box

Ring Push Ups

(15)

Skill:

30 Overhead Lunge @ 55-135

See @ <https://youtu.be/FGwUzt78KOE>

(5)

Strength: 8 Rounds of **Back/Front** Squat

8 @ 50% **Front** Squat

6 @ 55% **Front** Squat

5 @ 60% Back Squat

4 @ 70% Back Squat

3 @ 80% Back Squat

2 @ 85% Back Squat

2 @ 90% Back Squat

SCALE TO SKILL AND STRENGTH

Do Not sacrifice Skill for Load

Note: The first two rounds are FRONT Squats

DO NOT

Sacrifice Form for loads: Keep spine locked with full ROM

4-0-4

Do Not Bent Forward in either protocol

(18)

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

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Please Pay Close attention to the Cap Times (**Time Limit**) located below each of the Components
(Located Here below each Component)

Chose ONE of the following to complete the Rx

MetCon: 4 Rounds of
50 Double Under Jump Rope
15 Kettlebell Swings @ 35-75
5 Double Push Up Burpee
With each Burpee 2 PU's instead of 1
(15)

Stamina:
400 Meter "Farmer Carry" @ 45-75
10 PU Penalty for each drop
(12)

Endurance: 4 Rounds of
Run 400 or Row 50 Calories
30 Push Ups and 50 Sit Ups between 400's
(15)

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