

# 150126 Monday Back Squat

Pro 22:8

He that soweth iniquity shall reap vanity: and the rod of his anger shall fail.

**Base:** ROM; 3 Rounds of  
20 MedBall Toss @ 10' Target  
20 MedBall Cone Hop Side-To-Side

With a 15-25# MedBall Hop side-to-side stepping over a 12" cone, or other soft object. Hop step over the cone to the right, tap the trail foot and immediately hop step to the left.

20 MedBall Sit Ups

(12)

**Skill:** 30 Front Squat @ 45-95

(5)

**Strength:** 4 Rounds of 8-12 Back Squat

Add weight as you progress squatting full. Work for loads that fail @ 8-12 reps. **Failure** means that you cannot perform another rep safely and with good form.

(15)

**MetCon:** 5 Rounds for Time of  
10 Overhead Squats @ 75/95

15 MedBall Cleans

20 Hand Release Push Ups

(12)

**Stamina/Endurance:** 2 Rounds of  
50 GHD Sit Ups/20 Box Jumps @ 24" Box

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