

150413 Monday Front Squat

Pro 24:28

Be not a witness against thy neighbour without cause; and deceive not with thy lips.

Base: ROM; 3 Rounds of
10 24" Box Jumps
15 Dive Bomber Push Ups
20 Frog Jumps @ Front-To-Back
(15)

Skill: 30 Overhead Squat @ 45-95# Scale to skill
Work on balance and full ROM
(5)

Strength: 10 Rounds of 1 Front Squat @ 75-105% 1 RM
1-1-1-1-1-1-1-1-1-1

Begin with 70-85% of your 1 RMFS and continue to add weight until you complete the component or your form breaks. In 10 rounds find a new 1 RMFS

(15)

MetCon: 10 Minute AMRAP of
5 Pull Ups
10 Toes-To-Bar
15 "Peep Hole" Squats

From a standing position hold an Olympic 10-25 pound plate with both arms fully extended directly in front of the chest at eye level; peep through the hole. Perform a full squat, hamstring to calf, and return to a full standing position. Keep the spine tight, hips forward, and chest up. Maintain a full extension of the arms level with the eyes looking through the hole for the duration of the exercise.

(10)

Endurance: "100 x 10 x 10"
Sprint 100 Rest for 10 Sit Ups and Sprint 100 x 10

Stamina: Jog 1600 @ Moderate Pace

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