

# 180320 Day Two: Back Squat

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. If or when you do there is no longer one fool talking but two. A fool only desires to hear himself.*

**Base:** ROM @ 1 Round of\*

1 mile Jog-Run

50 Meters Overhead Walking Lunges @ Oly Bar or 45#

\*Scale for skill and strength working Full ROM (Range of Motion)

**Make it “Base” an not a MetCon**

(15)

**Skill:**

Dead Lift @ Olympic Bar

Work the full ROM emphasizing the bar line keeping the load on the centerline of the body.

(5)

**Strength:** 6 Rounds of Back Squat\*

5-5-4-4-3-3

Add loads to each round maintaining form and safety

\*Scale to Skill and Strength

(18)

**MetCon / Stamina / Endurance:** For Time

“Diane”

21-15-9

Dead Lift 225\*

Handstand Push Ups

\*Scale to Skill and Strength

**We thank CrossFit.com for the WOD**

(15)

**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