

## 1340312 TUESDAY (3) FRONT SQUAT 3 RM

“Let a bear robbed of her whelps meet a man, rather than a fool in his folly.”

KJV  
Proverbs 17:12

### “UP FRONT”

**Base:** ROM/-4 Rounds of Barbell Complex (10 Minute Cap)

**Skill:** Front Squat PVC or Bare Olympic Bar

**Strength:** Front Squat 3 RM

10-8-6-5-4-3-3-3-3 (45) 15 Minute Cap

Work from a rack and not a PC. Work for a 3 Rep Front Squat Effort  
Increase weight without compromising form and skill. Follow the protocols: Do Not  
sacrifice loads for form. This skill is essential for developing explosive Power.  
This is precursor for Squat Clean. Scale loads to skill and strength.

**MetCon:** (20 Minute Cap)

5 Rounds for time of 9-15-21-15-9

Barbell Weighted Box Step Ups  
Kettlebell Swings @ 2-1.5-1 Pood  
Toes-To-Bar

**Stamina:** For Time

800-400-200-100-100-200-400-800

**Endurance:** 400 Meter Farmer Carry @ 50-35-20 Each Hand

# GOVICE

**Base:** Rx @ 50%

**Skill:** Rx

**Strength:** 3 Rounds of 5 @ Scale Loads for Skill Development

**MetCon:** 9-15-9 Scale Loads

**Stamina:** Rx

**Endurance:** Rx @ 100 Meters Scale Load

# COMPETITOR

**Base / Skill** as Rx'd

**Strength:** Rx **MetCon:** 21-15-9

**Stamina:** Rx

**Endurance:** Rx

# ELITE

Rx

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