

180626 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. For when you do there is no longer one fool talking but two. A fool only desires to hear himself.

Base: ROM @ 3 Rounds of
5 Dead Lift @ 60-65% Body Weight-Keep loads @ Warm Up levels
25 'Clock' Push Ups Feet on Ball*
30 Sit Ups

*Feet on a ball or other elevated clock center. Perform a PU at each clock position beginning @ 12 o'clock. 12-3-6-9-12-9-6-3-12 until completing the R_x

Scale to Skill and Strength

(15)

Skill: Air Squat; 'Fanny to the Floor'

Keep the head, chest, spine straight and up. DO NOT BEND AT THE WAIST!

(5)

Strength: 6 Rounds of Back Squat*

5-5-5-3-3-3

***Scale to Skill and Strength**

Increase loads through the R_x to find a new 'Triple' rep end WOD max.

(18)

MetCon / Stamina / Endurance: 3 Rounds of

"TIME OUT V"*

One Minute Rounds w/20 Second Recovery

Box Jumps @ 24" Box

ManMakers @ 25-45

Plank Reverse Grip Pull Ups

***Scale to Skill and Strength**

(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