

# 150915 Tuesday Front Squat

Pro 28:6

Better is the poor who walks in his integrity Than one perverse in his ways, though he be rich.

*Money cannot atone for the lack of integrity, character, or morality.*

**Base:** ROM 5 Rounds of  
10 Box Jumps  
5 Knees-To-Elbows  
10 Bent Row @ Snatch Grip  
(12)

**Skill:** 30 Overhead Squat @ Olympic Bar  
Scale to SKILL-MAKE IT A SKILL COMPONENT!

(5)

**Strength:** 6 Rounds of Front Squat

6-5-4-3-2-1

Begin @ 70-80% 1 RMBS: Increase loads through the component Rx.  
Find a new 1 RMFS. Scale loads to skill and strength

**MetCon:** On-The-Minute for 10 Minutes

5 Pull Ups

10 Push Ups

15 Air Squats

In 60 Seconds perform 5 Pull Ups, 10 Push Ups, and 15 Air Squats. Use the remainder of the time for R&R. If you cannot complete the components in the Rx continue until you have completed the 10 Minute Cap.

(10)

**Stamina:** Abdominal Core

50 GHD Sit Ups

**Endurance:** 1600 Meter Run @ Moderate Pace

(8)

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