

## I Heard You Want To Squat! 4/28/14

### Description

#### A. Weightlifting:

1 – 15min to 20RM Back Squat

- a) Add approx 5-10lb to last week's weight.
- b) Push it HARD this week.
- c) If you did this the week before last, then add 5-10lb but not enough to fail.
- d) If you haven't done this yet (shame on you), then shoot for something in the 65-70% range.
- e) DO NOT do sets of 20 during your warm-ups.

2 – Exactly 1min after your 20RM back squat, you will perform one set of MAXIMAL reps of front squats with the same load.

#### B. MWOD:

Hamstring Floss w/ Band

#### C. WOD:

4 RFT –  
Run 200m  
12 T2B  
12 Burpees Over Bar

\*Note: Each person will have a bar loaded with bumper plates to jump over. Yes, its that basic. The jump style/direction doesn't matter as long as its a two foot takeoff and two foot land.

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#### Date Created

04/27/2014

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