

151111 Wednesday Chest/Back

Pro 29:10

The bloodthirsty hate the blameless, But the upright seek his well-being.

Evil men hate the innocent and try to corrupt them while good men look to their care.

Base: ROM 10 Rounds of
10-9-8-7-6-5-4-3-2-1 Clapping Push Ups
1-2-3-4-5-6-7-8-9-10 Wide Grip Pull Ups
Alternate between Push Ups and Pull Ups
10 Push Ups and 1 Pull Up; 9 Push Ups and 2 Pull Ups etc
(15)

Skill: Handstand/Walk on Hands 30 Meters
(5)

Strength: 11 Rounds of Bench Press

1-1-1-1-1-1-1-1-1-1-1

Use a slight incline to take some of the load off the Rotator Cuff
Increase loads from previous week

This lifting modality is difficult but produces dynamic muscle hypertrophy and strength.

1 @ 75% 1 RMBS; 1 @ 80%; 1 @ 85%; 1 @ 90%; 1 @ 95%;
1 @ 100%; 1 @ 105%; 3 Rounds @ Max to Failure

TEMPO @ 4-0-4
Work full ROM.

Lower the Bar to Upper Chest @ Base Pec Line.

DO NOT ATTEMPT THIS WITHOUT AN EXPERIENCED SPOTTER

Eccentric (Lowering the Load) @ 4 Count. No Pause At Chest. Touch and Go immediately to **Concentric** (Lifting the Load) @ 4 Seconds;
Focus on TUT (Time Under Tension)

Remember, YOU MUST HAVE A SPOTTER!

(25)

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

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Chose ONE of the following to complete the Rx

MetCon: On-The-Minute
"Push / Pull"

Begin the Prescription with 3 Pull Ups and 3 Push Ups adding 1 additional Pull Up/Push Up each minute for 10 minutes.

75 Total Pull Ups/Push Ups
(10)

Stamina: 1000 Jumps @ Jump Rope any protocol
Minimum 100 must be Double Under

(12)

Endurance:

Run 3200 Meters

or

Swim 1000 Meters

or

Row 5000 Meters

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