

181005 Day Five: Chest-Shoulders-Back

Psa 119:59-60

I thought on my ways, and turned my feet unto thy testimonies. I made haste, and delayed not to keep thy commandments.

The Psalmist sees himself in light of YHVH and quickly turns from his view of life to that of the Lord's view.

Base: 10 Rounds of

10-9-8-7-6-5-4-3-2-1 Heavy DB Bench Press

1-2-3-4-5-6-7-8-9-10 Reverse Grip Bent Row

(15)

Skill: Handstand and Walk

50 Meter HS Walk

HS Push Up if you can during the walk. Walk in multiple directions: forward, backward, side-2-side; Handstand Jump to elevated Stationary Platform

(5)

Power: 7 Rounds of

BB Incline Bench Press

5-5-5-5-5

(18)

MetCon/Endurance / Stamina: Biceps and Triceps

R_x @ 3 x 8-12 Seated Incline DB Curls to failure

Alternate with Close Grip Bench Press to failure

3 Rounds of:

10 Standing DB Curls failure

Diamond Push Ups to failure

(15)

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