

181207 Day Five: Chest-Back-Arms

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: ROM @ Jog 1 Mile

(12)

Skill: Handstand; Handstand Walk; Handstand Steps

50 Meter HS Walk or Handstand Step Ups onto Olympic Plate/s or Steps; Work for a real Handstand Push Up

Use rubber plates so they don't move when you step up with your hands. No Handstand? Work kick ups on a wall or walk ups.

See Handstand Tutorial @ <https://youtu.be/p2AZMFPRWwM>

(5)

Power/Strength: BB Bench Press

5-5-5

Go as heavy as possible: AHAP

4-0-2-0 Tempo @ 5's

(20)

HYPERTROPHY PROTOCOLS BELOW



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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MetCon: "Hypertrophy"

DB Incline Bench	10 Rounds of 10	Work with a load that you can do 10 times with effort. Don't make it too easy or you will lose the effect of the WOD. You will be very fatigued at the end of the 10 sets. Rest for 60-90 seconds before proceeding to the bent rows. Follow the same format for bent rows. Rest and return to incline bench repeating the protocol for the R _x
Alternate		
Bent Row Thumbs Out	10 Rounds of 10	Reverse your grip, thumbs facing out. Keep the elbows at the side pulling the bar to the navel. Pause and lower slowly @ 4 Count
This is a strictly hypertrophic protocol. It is commonly called GVT " German Volume Training " It's a phenomenal modality for size but should not be over used due to the potential for injury as a result of the bodies difficulty in recovery.		
Biceps	3-4 Rounds	Single DB Begin at a failure rep range of 8-12 reps in the first round. Follow R _x above

CAP @ (30)

Stamina/Endurance: For Time: 10k Run, Row or 1k Swim
(25)

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