

180601 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: ROM @ *

10-9-8-7-6-5-4-3-2-1

'Clock' Push Ups**

1-2-3-4-5-6-7-8-9-10

Suitcase Row @ "Heavy Loads"

*Alternate between 'Clock' PUs and Suitcase Rows

**Do a PU @ 12-3-6-9-12 & reverse order for each round completing the Rep R_x for each round

(15)

Skill: Handstand and Walk

50 Meter HS Walk w/HS Push Ups

(5)

Power: BB Incline Bench Press

8-8-6-5-4-3

Work heavy for fails @ each of the rep range.

(18)

MetCon/Endurance / Stamina:: Biceps and Triceps

R_x @ 5 x 10 Standing Oly BB Curls

Complete the Reps @ Heavy Loads; Strict-NO SWING

Alternate with

BB 'Skull Crushers-Thumb position alternate from IN-2-OUT each round

3 Rounds of:

Seated Incline DB Half/Full Curls @ Bottom to Half-Down; Bottom to full. Top to Half and Back to

Top. Lower to full equals one rep. Let the bicep stretch at the bottom: NO SWINGING

Use a heavy enough load to fail @ 1-2 reps under the R_x

Alternate with

Diamond Push Up 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