

180525 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

Ring Push Ups

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

Pull Ups

*Alternate between RPU's and PLU's

(15)

Skill: Handstand and Walk

50 Meter HS Walk w/HS Push Ups

(5)

Power: DB Incline Bench Press

8-8-6-5-4-3

Work with heavy DB loads for fails @ each of the rep ranges. If you do not have heavy DB's use the Barbell and load it up for fails rep range.

(18)

MetCon/Endurance / Stamina:: Biceps and Triceps

R_x @ 5 x 10 Seated Incline DB Curls

Complete 5 Reps @ Heavy Loads then 5 Reps @ Moderate Loads Strict-NO SWING

Alternate with

DB 'Skull Crushers-Thumb position alternate from IN-DOWN-OUT each round

3 Rounds of:

BB Half/Full Curls @ Bottom to Half-Down; Bottom to full. Top to Half and Back to Top. Lower to full equals one rep

Alternate with

Diamond Push Up** to FAILURE

*Perform DB Curls @ Thumb out position to peak the bicep with a heavy load forcing Failure @ 5 reps. Set the DB's down and immediately resume another 5 reps with a lighter load forcing failure in the last 5 reps.

**Diamond Push Ups: Begin in a plank position with the hips slightly elevated with the hands directly under the nose, thumb to thumb and index finger to index finger creating a 'Diamond'. Lower the body

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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placing your nose in the diamond and return to the starting position: one rep. Modify by working from the knees.

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