

180316 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 @ 5 Rounds of
15 Feet on a Bench Decline "Ring" Push Ups*
10 Reverse Grip (Thumbs out) Chin Ups (No Swing-Dead Hang)

*<https://youtu.be/7hulFyTsxeA>

(12)

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: 6 Rounds of

"HEAVY" BB Incline Bench Press

10-8-6-5-5-5

*Work within the R_x for failure loads +/- 1 rep each round

(18)

MetCon/Endurance / Stamina: Biceps and Triceps

3 x 5-8 Seated DB Incline Curls* "Full-Half Bottom-Half Top-Full @ R_x

1 Full Curl top to bottom, then curl bottom to half, biceps @ 90 stop and lower to bottom then full curl to top, lower to half, biceps @ 90, curl to top and lower full equals one rep. Repeat for a 2nd rep.

Alternate with Close Grip Bench Press

3 x 5-8 Standing Hammer Curls Alternate with DB "Tricep Kick Back"

"Heavy-Lite" DB Standing Curls w/heavy load Curl to failure @ 5 Reps immediately drop the weight and repeat the R_x with a lighter load failing @ 5 Reps

This is a very good hypertrophy WOD. It's worth repeating again. Drive the muscles to failure for massive Biceps

*You may need to lighten the load for the volume associated with this WOD

(15)

Remember to follow the "Stretching" Link below for Post WOD Stretching!

https://youtu.be/aEX_JOB47R4

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