

# 180629 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

7 Close Grip (Thumbs Out 'Pinkies' Touching) Full Hang Chin Ups

10 Feet elevated 18-36" Incline 'Ring' Push Ups\*

30 Sit Ups (Variations)

\*Scale height and opt out of rings to floor or DB's for scaling and skill.

(15)

**Skill:** Handstand and Walk

50 Meter HS Walk w/HS Push Ups

(5)

**Power:** BB Bench Press

1-1-1-1-1-1

Be sure to have a spotter! Find a new 1 RM max

(18)

**MetCon/Endurance / Stamina::** Biceps and Triceps

R<sub>x</sub> @ 5 x 10-12 BB Standing Curls: Heavy/Light; 5 reps at heavy failure loads then reduce the load and immediately perform as many reps as possible to fail @ 10-12.

Have a second BB available so that you do not delay the 'reduced load' reps

Alternate with

"Skull Crushers"

3 Rounds of:

Wide Grip behind the Neck Pull Ups

Use a vest or weight heavy enough to fail @ 4-6 reps under the R<sub>x</sub>

Alternate with

Close Grip Bench Press @ 8-12 Reps 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*