

151021 Wednesday Chest/Back

Pro 28:20

A faithful man will abound with blessings, But he who hastens to be rich will not go unpunished.

Faithfulness to the Word of GOD brings blessings that one cannot contain. Those who chase after riches neglecting the Word of GOD will fail.

Base: ROM 3 Rounds of
10 Ring Dips
Lower Ring to the shoulder
10 Reverse Grip Pull Ups
(12)

Skill: Handstand/Walk on Hands 30 Meters
(5)

Strength: 5 Rounds of Bench Press
Use a slight incline to take some of the load off the Rotator Cuff
10 @ 50%
8 @ 60%
5 @ 70%
5 @ 75%
Failure @ 80%

Inroad Round: 10 Second Pause/Hold

Slight bend at the elbow just below lockout but not locked out; force the muscle to do the work and not the joint or bone-on-bone extended elbow.

TEMPO @ 4-2-0-4
Work full ROM.

Lower the Bar to Upper Chest @ Base Pec Line.

DO NOT ATTEMPT THIS WITHOUT AN EXPERIENCED SPOTTER

Eccentric (Lowering the Load) @ 4 Count; Isometric (Static) Hold for 2 Count 2" above Chest; Concentric (Lifting the Load) @ 4 Seconds;
No pause at the top. Immediately begin another rep.

Focus on TUT (Time Under Tension)
45-60 Second Rest between Rounds

Hold an Isometric contraction following the last failure rep for as long as possible just below lockout.

Remember, YOU MUST HAVE A SPOTTER!

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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(15)

Chose ONE of the following to complete the Rx

MetCon: On-The-Minute

10 Rounds of 5 MedBall Toss and Sprint

Set a Cone 20 Meters from your MBT area. Perform 5 MBT's and sprint out to the cone and back. Rest and recovery is the time remaining in the minute following the 5 MBT and Sprint.

(10)

Stamina: 1000 Jumps @ Jump Rope any protocol
Minimum 100 must be Double Under

(12)

Endurance:

Run 1600 Meters

or

Swim 800 Meters

or

Row 3200 Meters

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