

# 180302 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 YHWH and quickly turns from his view of life to that of the Lord's view.*

**Base:** ROM @ 3 Rounds of  
10-15 Dive Bomber Push Ups  
Burpee Box Jumps @ 24" Box  
(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 etc  
(5)

**Power:** 5 Rounds of  
"HEAVY" Barbell Incline Bench Press  
5-5-5-5-5  
\*Work within the R<sub>x</sub> in the rep range with a SPOTTER!  
(18)

Remember to follow the "Stretching" Link below for Post WOD Stretching!  
[https://youtu.be/aEX\\_JOB47R4](https://youtu.be/aEX_JOB47R4)

**MetCon:** Biceps and Triceps  
3 x 5-8 Seated Incline DB Curls Alternate with Tricep Kick Backs  
3 x 5-8 Standing Hammer Curls Alternate with Close Grip Bench Press  
(15)

**Endurance / Stamina:**  
1000 Jump Rope with 25 Sit Ups after each 200 Reps  
See 25 JR Variations @  
<https://youtu.be/qhD740bi3NQ>  
Excellent training video  
(12)

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*