

151118 Wednesday Chest/Back

Pro 29:10

The bloodthirsty hate the blameless, But the upright seek his well-being.
Evil men hate those that are good and fair because they expose the truth of their hatred. Good men endeavor to do well.

Base: ROM 3 Rounds "Daisy Complex"

6 Burpee's, 6 Pull Ups, 6 Toes to Bar, 6 Plyometric (Clapping)
Push Ups, 6 Kettlebell Swings @ 1.5 Pood

This site [FAQ](#)

Scale loads to skill and strength

(15)

Skill: 'Pistol' Squat

See @ <https://youtu.be/DjxQrgLsty4?t=355>

(5)

Power: 6 Rounds of Bench Press @ % 1RMBP

8 @ 65%

6 @ 70%

5 @ 75%

4 @ 80%

Max Reps to Failure @ 85%;

Scale Loads for Skill and Strength.

Add weight each round but DO NOT sacrifice Loads for Safety.

Use 4-0-4 TEMPO

(20)

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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Chose ONE of the following to complete the Rx

MetCon: "Arms and Back"

Alternate between Pushing and Pulling Modalities

i.e. Reverse Grip Pull Ups and Tricep choice

2-3 Rounds of each component with a 90 Second rest between Rounds

Max number of 'Reverse Grip' Pull Ups

Close Grip Bench or Tricep Extension

Rest and complete the following

Low Row or Bent Row with a close grip

Barbell Tricep Extension

Work each component on a 4-0-4 Tempo keeping the emphasis on the strict movement of the loads without momentum assistance.

(Time)

Stamina: "100's with DU's"

Sprint @ 5 x 100 Meter Sprints

Sprint 100 Meters and. Perform 50 DU's

Rest as needed but stay to the CAP of 12 Minutes

(12)

Endurance: AbCore 150

Chose the component and alternate for 150 reps of

Abdominal work

Sit Ups

Leg Levers

Crossover Sit Ups

Crunch

Flutter Kick

(10)

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