

151007 Wednesday Chest/Back

Pro 28:20

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

The Love of Money and Riches bring destruction. Faithfulness in the Word of GOD is a light to life and a lamp to your feet in darkness.

Base: ROM 3 Rounds of
5 Ring Push Ups @ 5-5-5-5 Tempo
7 Reverse Grip Bent Rows @ 75-135
5 Box Over Jumps @ 24" Box
(8)

Skill: Handstand/Walk on Hands
(5)

Strength: 8 Rounds of Bench Press

1-1-1-1-1-1-1-1

TEMPO @ 5-0-2-0

Work full ROM.

Lower the Bar to Upper Chest @ Base Pec Line.

Be certain to have a SPOTTER

Eccentric (Lowering the Load) @ 5 seconds; Concentric (Lifting the Load) @ 2 Seconds. Focus on TUT (Time Under Tension) We want the most for your time.
45-60 Second Rest between Rounds

(15)

Chose ONE of the following to complete the Rx

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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MetCon: 1 Round of
100 Meter Bear Crawl
Max Pull Ups + 25 lbs (Load for 2-3 Max Reps)
Scale to Strength and Skill
(8)

Stamina: 500 Jumps @ Jump Rope any protocol
Minimum 100 must be Double Under
(7)

Endurance:
Run 1600 Meters
or
Swim 800 Meters
or
Row 3200 Meters

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