

# 151202 Wednesday Chest/Back

Pro 29:16

When the wicked are multiplied, transgression increases; But the righteous will see their fall.

*Don't fret yourself over the increase of evil men; they will increase but you will see their end if you are righteous.*

**Base:** ROM 3 Rounds of 21-15-9

Double Under Jump Rope

Hand Release Push Ups

Plank Pull Ups

See @ <https://youtu.be/QeYcvrEfkhw>

(15)

**Skill:** 5 Rope Ascents

No Rope? Substitute 5 Towel Pull Ups for each ascent.

(5)

**Power:** 6 Rounds of Incline Bench Press % 1RMIBP

8 @ 65%

6 @ 70%

5 @ 75%

4 @ 80%

Max Reps to Failure @ 85%;

Scale Loads for Skill and Strength.

Use Loads as heavy as possible to complete the Rx

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 Arm and Back exercises

3 Rounds of 9-15-9

Wide Grip Behind the Neck Pull Ups

Close Grip Bench

Rest and complete the following

1 Round of 21

Snatch Grip Bent Row

Diamond Push Ups

Work each component as deliberate as possible: Use a 4-0-4 Tempo for greater TUT

(12)

**Stamina:** "Run off the Turkey"

Sprint the following sprints with Rest Intervals

Between each Sprint

400 Rest :60; 200 Rest :45; 100 Rest :30; 50 Rest :15

Repeat in reverse order

50-100-200-400

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**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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