

180119 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 @ (I like this One-Do it again)

Push Ups

10-9-8-7-6-5-5-6-7-8-9-10

Alternate with

Pull Ups

8-7-6-5-4-3-3-4-5-6-7-8

(15)

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_x in the rep range for failure @ 4-5-6 reps using a single arm press for each round. Complete each side before progressing I.e. right complete then left.

(18)

Remember to follow the “Stretching “Link below for Post WOD Stretching!

https://youtu.be/aEX_JOB47R4

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: "Biceps and Triceps"

Bicep* alternating with Tricep Exercises

3 Rounds of 6-8 Bent DB Curls**/CGBP

*Full stretch @ the bottom; hang the load allowing the bicep to stretch. This is a Biceps Concentration Curl Variation that impacts the upper chest by incorporating a 'Pull' across the Chest with the curl. See it @ <https://youtu.be/6209o2i2Mk8?t=51s>

Thanks to [Jeff Cavaliere @ ATHLEAN X](#) for the video training and technique WOD

Triceps: "Tricep Kick Back" @ DB rotate hand position each round: thumbs IN-DOWN-OUT

see Jeff Cavalier @ <https://youtu.be/mO7Ov8F9VeQ> for an outstanding Training Video on Bicep size!

see Jeff Cavalier @ <https://youtu.be/5PsCMjseTZA?t=1m20s> for an outstanding Training Video on Tricep!
(15)

Endurance:

1000 Jump Rope

See 25 JR Variations @

<https://youtu.be/qhD740bi3NQ>

Very good training video

(12)

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Stamina: 1500 Meter @ Race Pace

Stamina Protocols

Stretch: Post WOD Stretching

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