

180413 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 YHVH and quickly turns from his view of life to that of the Lord's view.

Base: ROM @ Each*

Add a VEST of 15-45#'s

150 Sit Ups

100 RING Push Ups

*Do SU's until you fail, flip to a plank and do PU's until you fail, flip to supine and perform sit ups again until you fail or finish the R_x

(15)

Skill: Handstand and Walk

50 Meter HS Walk w/HS Push Ups

(5)

Power: 4 Rounds of 8-12

DB Incline Bench Press

*Work within the R_x @ 8-12 Rep Failure holding a DB in each hand but working one side to failure before progressing to the other.

(18)

MetCon/Endurance / Stamina:: Biceps and Triceps

R_x @ 3 x 8-12 Seated Incline DB Curls

Alternate with DB 'Skull Crushers'*

3 Rounds of:

Towel or Rope Chin Ups to FAILURE

Diamond Push Up** to FAILURE

*Skull Crushers are performed properly beginning in the extended position with the 'Elbows' pointed to the ceiling and the bar extended over the head at a 45 degree angle and not directly over the face. Lower the weight slowly above the head and face so that the BB/DB at the bottom is not on the nose or forehead but over the head even with the bench. Elbows remain pointed at the ceiling.

**Diamond Push Ups: Begin in a plank position with the hips slightly elevated with the the hands directly under the nose, thumb to thumb and index finger to index finger creating a 'Diamond'. Lower the body placing your nose in the diamond and return to the starting position: one rep. Modify by working from the knees.

(15)

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