

180706 Day Five: Chest-Arms-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 @ 3 Rounds of

15 Reverse Grip Plank Row (Thumbs out)

30 Ring Push Ups

25 Alternating Legs 'Cross-Over' Sit Ups*

*Supine Plank: Lower Back (only) in contact with the floor. Right Elbow to Lt Knee.

Repeat Left Elbow to Rt Knee for one rep.

(15)

Skill: Handstand and Walk

50 Meter HS Walk w/HS Push Ups

(5)

Power: BB Incline Bench Press

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

Work heavy. Be sure to have a spotter!

(18)

MetCon/Endurance / Stamina:: Biceps and Triceps

R_x @ 5 x 5-8 BB Standing Curls: Heavy/Light; 5-8 reps at heavy failure loads then reduce the load and immediately perform as many reps as possible to fail @ 5-8.

Keep two sets of BB's available so that you do not delay the 'reduced load' reps.

Alternate with

BB Skull Crushers

3 Rounds of:

Reverse Grip or Rope Pull Ups (Thumbs Out-Pinky's Touching)

Use a vest or weight heavy enough to fail @ 4-6 reps under the R_x

Alternate with

Diamond Push Up (Feet on a bench) to FAILURE

(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