

151216 Wednesday Chest/Back

Pro 29:12

If a ruler pays attention to lies, All his servants become wicked.

Leaders who lie propagate servant's who lie and are disloyal

Base: ROM 15's
15 'T' Roll Push Ups
15 Toes-To-Bar
15 MedBall Clean and Toss @ 10' Target
15 Kettlebell Swings @ 2 Pood
15 Clapping Push Ups
15 One Arm Push Ups
(15)

Skill: Hand Stand and Walk
50 Meter HS Walk
(5)

Power: 4 Rounds of Incline DB Bench Press
8-10 Reps;
Alternating Press @ Failure Loads
Rx Rep Ratio of 8-10

Work one arm through the full Rx reps while sustaining the other extended in full above the head. When you complete one side begin the other for the component. Minimal Rest between rounds. You are using loads that produce failure within the rep ratios.

NO DUMBBELLS? Use the Barbell

Use 4-0-4 TEMPO

(20)

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: "Arms and Back"

Alternate between Back and Tricep exercises

3 Rounds of Failure

Wide Grip Behind the Neck Pull Ups

Close Grip Bench Press

then

Straight Bar Curl

Diamond Push Ups

(12)

Stamina:

Run, Row, or Swim

12 Minute Intermediate Pace

(12)

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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