

## 190103 Day Four: Chest-Back-Arms

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 @ 12 Minutes of PT

Any physical components that keeps you moving for 12 minutes.

Jog, Swim, Bike, Row, Sit Ups, Push Ups, Split Jumps etc

(12)

**Skill:** Handstand; Handstand Walk; Handstand Steps

50 Meter HS Walk or Handstand Step Ups onto Olympic Plate/s or Steps; Work for a real Handstand Push Up

Use rubber plates so they don't move when you step up with your hands. No Handstand? Work kick ups on a wall or walk ups.

See Handstand Tutorial @ <https://youtu.be/p2AZMFPRWwM>

(5)

**Power/Strength:** BB Bench Press

Make certain you are prepared for these heavy loads

3-2-1

Be Sure to have a Spotter!!!!!!!!!!!!!!

(8)

## HYPERTROPHY PROTOCOLS BELOW



**MetCon:** "Hypertrophy" Week Five

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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## ADD WEIGHT TO LAST WEEKS SETS

DB Incline Bench	10 Rounds of 10	Work with a load that you can do 10 times with effort. Increasing 5-10 pounds from the previous week. Don't make it too easy or you will lose the effect of the WOD. You will be very fatigued at the end of the 10 sets. Rest for 60-90 seconds before proceeding to the bent rows. Follow the same format for bent rows. Rest and return to incline bench repeating the protocol for the R <sub>x</sub>
Alternate		
Bent Row Thumbs Out	10 Rounds of 10	Reverse your grip, thumbs facing out. Keep the elbows at the side pulling the bar to the navel. Pause and lower slowly @ 4 Count
		This is a strictly hypertrophic protocol. It is commonly called GVT " <a href="#">German Volume Training</a> " It's a phenomenal modality for size but should not be over used due to the potential for injury as a result of the bodies difficulty in recovery.
Biceps	3-4 Rounds	Olympic Bar or Easy Curl Bar Standing Biceps Curls

CAP @ (30)

**Stamina/Endurance:** For Time: 10k Run, Row or 1k Swim  
(25)

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