

# 180302 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 @ 5 Rounds of  
15 Feet on a Bench Decline "Ring" Push Ups\*  
10 Reverse Grip (Thumbs out) Chin Ups (No Swing-Dead Hang)  
[\\*https://youtu.be/7hulFyTsx6A](https://youtu.be/7hulFyTsx6A)  
(12)

**Skill:** Handstand and Walk  
50 Meter HS Walk  
HS Push Up if you can during the walk. Walk in multiple directions: forward, backward, side-to-side; Handstand Jump to elevated Stationary Platform  
(5)

**Power:** 7 Rounds of  
"HEAVY" Barbell Bench Press Vary Grip Width  
10-8-6-4-3-3-1  
\*Work within the R<sub>x</sub> in the rep range with a SPOTTER!  
(18)

**MetCon/Endurance / Stamina:** Biceps and Triceps  
3 x 5-8 Seated Incline DB Curls Alternate with Close Grip Bench Press  
3 x 5-8 Standing Hammer Curls Alternate with DB "Tricep Kick Back"  
"Heavy-Lite" DB Standing Curls w/heavy load Curl to failure @ 5 Reps immediately drop the weight and repeat the R<sub>x</sub> with a lighter load failing @ 5 Reps

This is a very good hypertrophy WOD. It's worth repeating again. Drive the muscles to failure for massive Biceps  
(15)

Remember to follow the "Stretching" Link below for Post WOD Stretching!  
[https://youtu.be/aEX\\_JOB47R4](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