

151125 Wednesday Chest/Back

Pro 29:14

The king who judges the poor with truth, His throne will
be established forever.

*Leaders who judge in righteousness and justice regardless of the status of the people will be loved
and endured by their nation.*

Base: ROM 3 Rounds "On-The-Clock"

1 Minute Clock Push Ups

1 Minute Sit Ups

1 Minute Jump Rope

(No Rope? Jumping Jacks)

(10)

Skill: 30 Dead Lift @ 135

Maintain Skill acquisition

(5)

Power: 6 Rounds of Dumbbell Bench Press @ % 1RMBP

8 @ 65%

6 @ 70%

5 @ 75%

4 @ 80%

Max Reps to Failure @ 85%;

Scale Loads for Skill and Strength.

Use Loads as heavy as possible to complete the Rx

Use 4-0-4 TEMPO

(20)

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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Chose ONE of the following to complete the Rx

MetCon: "Arms and Back"

Alternate between Pushing and Pulling Modalities

i.e. Reverse Grip Pull Ups and Tricep choice

2-3 Rounds of each component with a 90 Second rest between
Rounds

Max number of 'Reverse Grip' Pull Ups

Close Grip Bench or Tricep Extension

Rest and complete the following

Low Row or Bent Row with a close grip

Barbell Tricep Extension

Work each component on a 4-0-4 Tempo keeping the emphasis on
the strict movement of the loads without momentum assistance.

(Time)

Stamina: "100's with DU's"

Sprint @ 8 x 100 Meter Sprints

Sprint 100 Meters and Perform 50 DU's

Rest as needed but stay to the CAP of 12 Minutes

(12)

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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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