

# 180420 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 @ 20 Each\*

Bar Dips-5 Burpee's

Ring Push Ups-5 Burpee's

Wide Grip Bent Row-5 Burpee's

Dive Bomber Push Ups-5 Burpee's

Reverse Grip Bent Row-5 Burpee's

\*Scale to Skill keeping it BASE

(15)

**Skill:** Handstand and Walk

50 Meter HS Walk w/HS Push Ups

(5)

**Power:** 50 Body Weight Bench Press\*\*\*

\*\*\*BE CERTAIN TO HAVE A SPOTTER

(18)

**MetCon/Endurance / Stamina::** Biceps and Triceps

R<sub>x</sub> @ 3 x 8-12 Standing Olympic Bar Curls

Alternate with BB 'Skull Crushers'\*

3 Rounds of:

Alternating Front-Side DB Curls to FAILURE

Diamond Push Up\*\* to FAILURE

\*Skull Crushers are performed properly beginning in the extended position with the 'Elbows' pointed to the ceiling and the bar extended over the head at a 45 degree angle and not directly over the face. Lower the weight slowly above the head and face so that the BB/DB at the bottom is not on the nose or forehead but over the head even with the bench. Elbows remain pointed at the ceiling.

\*\*Diamond Push Ups: Begin in a plank position with the hips slightly elevated with the hands directly under the nose, thumb to thumb and index finger to index finger creating a 'Diamond'. Lower the body placing your nose in the diamond and return to the starting position: one rep. Modify by working from the knees.

(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