

180608 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 @

50 Reverse Grip Chin Ups (Thumbs out)

100 Push Ups (Wide to Narrow hand spacing)

150 Sit Ups (Variations)

(15)

Skill: Handstand and Walk

50 Meter HS Walk w/HS Push Ups

(5)

Power: BB Bench Press

8-8-6-5-4-3-3-3

Work heavy. Be sure to have a spotter!

(18)

MetCon/Endurance / Stamina:: Biceps and Triceps

R_x @ 5 x 10-12 DB Incline Curls: Heavy/Light; 5 reps at heavy failure loads then reduce the load and immediately perform as many reps as possible to fail @ 10-12.

Keep two sets of DB's available so that you do not delay the 'reduced load' reps.

Alternate with

DB Tricep Kickbacks-Thumb position alternate from IN-2-OUT each round

3 Rounds of:

Seated Incline Oly Bar Half/Full Curls @ Bottom to Half-Down; Bottom to full. Top to Half and Back to Top. Lower to full equals one rep. Let the bicep stretch at the

bottom: NO SWINGING

Use a heavy enough load to fail @ 1-2 reps under the R_x

Alternate with

Diamond Push Up to FAILURE

(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