

180831 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 @

10-9-8-7-6-5-4-3-2-1

Ring Push Ups Feet on Bench

1-2-3-4-5-6-7-8-9-10

Wide Grip Pull Ups

Alternate between RPU's and WGPU's

(10)

Skill: Handstand and Walk

50 Meter HS Walk

HS Push Up if you can during the walk. Walk in multiple directions: forward, backward, side-2-side; Handstand Jump to elevated Stationary Platform

(5)

Power: Heavy BB Incline Bench Press*

5 Rounds of 6-8**

*Work within the R_x @ Heavy Loads with BB

**Scale your work loads for safety looking for a failure rep range of 6-8

USE A SPOTTER!

(18)

MetCon/Endurance / Stamina:: Biceps and Triceps HEAVY protocols

R_x @ 4-5 x 6-8 Standing BB 1/2-FULL Curls *

Alternate with BB 'Skull Crusher'

*Standing w/bar fully extended stretching the Bicep. Curl to mid point (1/2) and lower slowly to the starting position. Curl Full lowering to mid point (1/2) and curl back to full.

Lower to the starting stretch point: **ONE REP**

WORK FAILURE LOADS WITH THE R_x

(15)

Remember to follow the "Stretching" [Link below for Post WOD Stretching!](#)

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