

# 180914 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 Ring Push Ups

10 Bar Dips

25 (Thumbs Out) Reverse Grip Chin Ups

15 Each Arm-Single Arm Ring Row\*\*

\*\*<https://youtu.be/Q2hbvvtJFEo>

(15)

**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:** Incline Bench Press

5-5-5-5-5

\*Work within the Rx @ Heavy Loads. Use a SPOTTER!

(18)

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

Rx @ 3 x 8-12 Standing BB Curls

Alternate with Tricep Kick Back DB's in each hand

<https://youtu.be/vsBApYJ1YDU>

3 Rounds of:

Reverse Grip (Thumbs Out) Ring Mid Row

<https://youtu.be/xh1ReCpAE9k>

Elbow Plank to Push Up to FAILURE

(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