

181019 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: 1 Round of

25 Single Arm Wall Push Ups each arm https://youtu.be/disb_vwgsqY

25 Behind the neck Wide Grip Pull Ups

25 Reverse Grip (Thumbs Out) Chin Ups

25 Diamond Push Ups

(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: 8 Rounds of

BB Incline Bench Press @

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

Add loads as you progress through the R_x working w/i the R_x 'Failure' Range

(18)

MetCon/Endurance / Stamina: Biceps and Triceps

R_x @ 3-4 Rounds of Arnold's "21 Curls"* <https://youtu.be/chfGAaQaz7E>

Alternate with Close Grip Bench Press to failure

*AthleanX Jeff Cavaliere

(18)

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