

180622 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 @ 3 Rounds of
10 Towel or Rope Pull Ups
10 DB Incline Push Ups
30 Sit Ups (Variations)
(15)

Skill: Handstand and Walk
50 Meter HS Walk w/HS Push Ups
(5)

Power: BB Bench Press
8-6-5-4-3-2-1-1

Work heavy. Be sure to have a spotter! Find a new 1 RM WOD max
(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 to hit each of the 3 heads of the Tricep

3 Rounds of:

Close Grip (Reversed) Pull Ups. Thumbs out 'pinky' fingers touching.

Use a vest or weight heavy enough to fail @ 4-6 reps under the R_x

Alternate with

Diamond Push Up (Feet on a bench) 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