

# 151014 Wednesday Chest/Back

Pro 28:13

He who covers his sins will not prosper, But whoever confesses and forsakes them will have mercy.

*Don't try to hide anything, you will be the worst for it. Confess your errors and forsake them and you will have mercy.*

**Base:** ROM 2 Rounds of  
50 Push Ups

Full ROM: Chest to floor and full arm extension each rep.  
10 Reverse Grip Pull Ups  
(8)

**Skill:** Handstand/Walk on Hands 30 Meters  
(5)

**Strength:** 5 Rounds of Bench Press  
10-8-5-5-Failure  
10 Second Pause/Hold after Failure  
TEMPO @ 5-0-2-0  
Work full ROM.

Lower the Bar to Upper Chest @ Base Pec Line.

**DO NOT ATTEMPT THIS WITHOUT AN EXPERIENCED SPOTTER**

Eccentric (Lowering the Load) @ 5 seconds; Concentric (Lifting the Load) @ 2 Seconds. Focus on TUT (Time Under Tension) We want the most for your time.  
45-60 Second Rest between Rounds

Hold Isometric contraction following the last failure rep for as long as possible.

**Remember, YOU MUST HAVE A SPOTTER!**

(15)

Chose ONE of the following to complete the Rx

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

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## MetCon: On-The-Minute

### 10 Rounds of 5 MedBall Toss and Sprint

Set a Cone 20 Meters from your MBT area. Perform 5 MBT's and sprint out to the cone and back. Rest and recovery is the time remaining in the minute following the 5 MBT and Sprint.

(10)

**Stamina:** 1000 Jumps @ Jump Rope any protocol  
Minimum 100 must be Double Under

(12)

## Endurance:

Run 1600 Meters

or

Swim 800 Meters

or

Row 3200 Meters

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