

151230 Wednesday Chest/Back/Arms

Pro 29:12

If a ruler pays attention to lies, All his servants become wicked.

Leaders who lie propagate servant who lie and are disloyal

Base: ROM

15-14-13-12-11-10-9-8-7-6 Burpee Push Ups

6-7-8-9-10-11-12-13-14-15 Burpee Pull Ups

PERFORM A BURPEE

THEN THE Rx NUMBER OF PUSH UPS OR PULL UPS

Round One

Perform 1 Burpee then 15 Push Ups then Perform 1 Burpee and 6 Pull Ups

Round Two

Perform 1 Burpee then 14 Push Ups then Perform 1 Burpee and 7 Pull Ups

Follow this protocol for the Rx

Cap @ 15 Minutes

(15)

Skill: Hand Stand and Walk

50 Meter HS Walk

(5)

Power: 8 Rounds of 3 Incline Bench Press

8 X 3 @ 80%

Scale Loads for Skill and Strength.

Use 80-85% 1 RMBP to complete the Rx

Use 4-0-4 TEMPO

Move as quickly as possible between Rounds.

Force your recovery under stress.

If you can't make the Rx @ 80% lower the load ratio

Be certain to have a spotter!

DO NOT ARCH INCLINE BENCH-IT BECOMES FLAT BENCH

(16)

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: "Arms and Back"

Alternate between Arm and Back exercises

3 Rounds of Failure

OLYMPIC BAR CURLS @ 4-0-4 Tempo

CLOSE GRIP BENCH PRESS @ 4-0-4 Tempo

(12)

Stamina: For Time

30 ManMakers

(12)

Endurance: 3 Rounds of

21-15-9

Ring Dips

Alternating Hand KBS

(10)

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Col. 3:17