

181102 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 @ Rx Rounds

15-14-13-12-11-10

Ring Push Ups*

alternate with

10-11-12-13-14-15

Plank Pull Ups*

**Alternate between Push Ups and Plank Pull Ups*

(15)

Skill: 'L' Hang and Hold

From a Pull Up bar lift the legs parallel to the floor creating an 'L' at the waist and hips.

May be done with bent legs if necessary to scale or single leg lift and hold.

(5)

Power/Strength: Scale: 5 Rounds of Dumbbell Incline Bench Press

5-5-5-5-5

Load AHAP working a single DB completing each side before proceeding to the other.

Note: you will work the 'Core' extensively maintaining posture on the bench and support for the free side and arm. This is tough but well worth the effort in results.

(15)

MetCon/Stamina/Endurance: Rx

3 Rounds of 8-12 Standing BB Curls AHAP*

alternate with above 10 BB Skull Crushers*

3 Rounds of Incline DB Curls*

alternate with Close Grip BB BP*

*As Heavy as Possible elbows pointed at the ceiling

(20)

Senior Menu

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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Senior Menu

Seniors: "Old Guys/Gals WOD"

Follow **Base** and **Skill** Components

(Dips can be done between to chairs with the feet on the floor and hands on the seat of the chair)

Power/Strength: 3-5 Rounds of

8-12 DB or BB Bench Press

NO BP: Do Hand Release or Regular Push Ups or 'Dive Bomber' PU's

Hand Release PU's are standard PU's but when your chest touches the floor pull the hands off the floor for a 2 count and return to the UP, Plank position.

For greater effort do PU's on DB's or anything that elevates the chest off the floor.

Allow the chest to drop below the level of the support for stretch reflex. This will enhance the stress on the chest and supporting muscles to further develop the chest and shoulders.

8-12 DB or BB Curls

This can be done with DB's or Straight Bar

10-20 Sit Ups or Leg Levers

(20)

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