

# 180309 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 @ 5 Rounds of  
15 Feet on a Bench Decline "Ring" Push Ups\*  
10 Reverse Grip (Thumbs out) Chin Ups (No Swing-Dead Hang)  
[\\*https://youtu.be/7hulFyTsxeA](https://youtu.be/7hulFyTsxeA)  
(12)

**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:** 6 Rounds of  
"HEAVY" DB Incline Bench Press  
10-8-6-5-5-5  
\*Work within the R<sub>x</sub> for failure loads +/- 1 rep each round  
(18)

**MetCon/Endurance / Stamina:** Biceps and Triceps  
3 x 5-8 Standing BB Curls "Full-Half Bottom-Half Top-Full @ R<sub>x</sub>  
1 Full Curl top to bottom, then curl bottom to half, biceps @ 90 stop and lower to bottom then full curl to top, lower to half, biceps @ 90, curl to top and lower full equals one rep. Repeat for a 2nd rep.  
Alternate with Close Grip Bench Press  
3 x 5-8 Standing Hammer Curls Alternate with DB "Tricep Kick Back"  
"Heavy-Lite" DB Standing Curls w/heavy load Curl to failure @ 5 Reps immediately drop the weight and repeat the R<sub>x</sub> with a lighter load failing @ 5 Reps

This is a very good hypertrophy WOD. It's worth repeating again. Drive the muscles to failure for massive Biceps  
(15)

Remember to follow the "Stretching "Link below for Post WOD Stretching!"  
[https://youtu.be/aEX\\_JOB47R4](https://youtu.be/aEX_JOB47R4)

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*