

151209 Wednesday Chest/Back

Pro 29:25

The fear of man brings a snare, But whoever trusts in the LORD shall be safe.

*Let's not fear men who can kill the body; fear the Lord who can condemn a man to everlasting hell.
Trust in Him and He will bring our good to us.*

Base: ROM 3 Rounds of

15 Clock Push Ups

10 Toes-To-Bar

6 MedBall Shot Put @ 10' Target

Alternate from left to right hand shot putting the MB to the target.

(15)

Skill: Hand Stand and Walk

50 Meter HS Walk

(5)

Power: 5 Rounds of 5 Bench Press

5 x 5 @ 80%

Scale Loads for Skill and Strength.

Use 80% 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

(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

151209 Wednesday Chest/Back

Pro 29:25

The fear of man brings a snare, But whoever trusts in the LORD shall be safe.

*Let's not fear men who can kill the body; fear the Lord who can condemn a man to everlasting hell.
Trust in Him and He will bring our good to us.*

MetCon: "Arms and Back"

Alternate between Arm and Back exercises

3 Rounds of Failure

Reverse Grip Pull Ups @ 4-0-4 Tempo

Tricep Extensions @ 4-0-4 Tempo

(12)

Stamina:

On-The-Minute for 10 Minutes

Set a cone or marker 20 Meters out.

Perform 5 MedBall Clean and Toss

Sprint to the marker and back

Rest the remaining time of the minute and repeat for
10 Rounds

(12)

Endurance: AbCore 150

Chose the component and alternate for 150 reps of
Abdominal work

Sit Ups

Leg Levers

Crossover Sit Ups

Crunch

Flutter Kick

(10)

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