

# 180105 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 YHWH and quickly turns from his view of life to that of the Lord's view.*

## Base: ROM

This was a good Base. Lets do it again

25 @ Bar Dips

25 Pull Ups

25 Ring Push Ups

25 Bent Row @ Wide Grip

(15)

## Skill: Handstand and Walk

50 Meter HS Walk

Add a HS Push Up or Two if you can during the walk

(5)

## Power: 5 Rounds of

“HEAVY” Dumbbell ‘Incline’ Bench Press\*

5-5-5-5-5

\*Work within the R<sub>x</sub> in the rep range for failure @ 4-5-6 reps

(18)

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

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## MetCon: "Biceps and Triceps"

Bicep\* alternating with Tricep Exercises

3 Rounds of 6-8 Standing Barbell Curls\*\*/CGGBP

\*Full stretch @ the bottom; hang the load allowing the bicep to stretch.

Curl from bottom to 1/2 then lower back to bottom. Full curl to top and lower to 1/2 and back to top. Lower to bottom and repeat: equals 1 rep.

The eccentric, lowering portion of the exercise, is where the bicep is stressed the most producing the greatest muscle size gains.

\*\*The Half position, stop and return, forces the muscle to slow the load then accelerate back to the previous position.

Triceps: "Close Grip Bench Press" @ Olympic Bar

## ADDITIONALLY:

see Jeff Cavalier @ <https://youtu.be/mO70v8F9VeQ> for an outstanding Training Video on Bicep size!

see Jeff Cavalier @ <https://youtu.be/5PsCMjseTZA?t=1m20s> for an outstanding Training Video on Tricep!

(15)

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## Endurance:

1000 Jump Rope

See 25 JR Variations @

<https://youtu.be/qhD740b3NQ>

Very good training video

(12)

Stamina: 1500 Meter @ Race Pace

Stamina Protocols

Stretch: Post WOD Stretching

[https://youtu.be/aEX\\_JOB47R4](https://youtu.be/aEX_JOB47R4)

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