

151223 Chest/Back

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

100 Push Ups

100 Sit Ups

100 Air Squats

DO NOT PARTITION THE COMPONENTS

Complete each component before moving on to the next.

Pay close attention to the 15 Minute Cap

(15)

Skill: Hand Stand and Walk

50 Meter HS Walk

(5)

Power: 8 Rounds of 3 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!

(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

Reverse Grip Pull Ups @ 4-0-4 Tempo

Tricep Extensions @ 4-0-4 Tempo

(12)

Stamina: For Time

30 ManMakers

(12)

Endurance: 3 Rounds of

21-15-9

Ring Dips

Dumbbell Thrusters

(10)

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