

180824 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 @

25 Burpee Pull Ups

50 Cross-Over Sit Ups

50-4 Count Flutter Kicks

50 Side-Walking-Push Ups

(15)

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: Heavy DB Bench Press*

5 Rounds of 8-12**

*Work within the R_x @ Heavy Loads with two DB's. Extend one holding it at full extension and work the other full ROM. When you complete one side progress to the other supporting the non-working DB in full extension.

**Scale your work loads for safety looking for a failure rep range of 8-12

(18)

MetCon/Endurance / Stamina: Biceps and Triceps

R_x @ 3 x 8-12 Standing DB Curls

(Rotate the thumb from a lowered-at the side-thumb touching the hip to fully rotated out at the top of the contraction)

Alternate with DB Tricep Kick Back

3 Rounds of:

Reverse, Close Grip Chin Ups to FAILURE

Elbow Plank to Push Up** to FAILURE**

**Elbow Plank Push Ups: Begin in a palms and elbow plank position. Press from the elbows to the hands and return to the plank starting position: one rep. Modify by working from the knees.

(15)

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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Remember to follow the "Stretching" [Link below for Post WOD Stretching!](#)

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