

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 @ 3 Rounds of
15 Extended Ring Push Ups
10 Burpee Box "Over" Jumps @ 24" Box
(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 etc
(5)

Power: 6 Rounds of
"HEAVY" Barbell Bench Press
5-5-5-5-4-3
*Work within the R_x in the rep range with a SPOTTER!
(18)

Remember to follow the "Stretching "Link below for Post WOD Stretching!"
https://youtu.be/aEX_JOB47R4

MetCon: Biceps and Triceps
3 x 5-8 Standing BB Curls Alternate with Close Grip Bench Press
3 x 5-8 Seated Hammer Curls Alternate with Tricep Kick Back rotating the thumb each round: R-1 Thumb out; R-2 Thumb down; R-3 Thumb in
(15)

Endurance / Stamina: 5 Rounds of
10 Wide Grip Bent Row
7 Push Press
(12)

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