

# 180713 Day Five: Chest-Arms-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 Reverse Grip Chin Ups

(Thumbs out: Lean Back pulling the chest to the bar)

20 Ring Push Ups Feet on a Bench

15 GHD Sit Ups

(15)

**Skill:** Handstand and Walk

50 Meter HS Walk w/HS Push Ups

(5)

**Power:** BB Flat Bench Press

(End each round with 5 Single Arm Push Ups each arm)

8-6-5-4-3-3-3

Work heavy. Be sure to have a spotter!

(18)

**MetCon/Endurance / Stamina::** Biceps and Triceps

R<sub>x</sub> @ 5 x 5-8 DB\* Seated Incline Curls: Heavy/Light; 5-8 reps at heavy failure loads then reduce the load and immediately perform as many reps as possible to fail @ 5-8.

Keep two sets of DB's available so that you do not delay the 'reduced load' reps.

Alternate with

BB Close Grip Bench Press

3 Rounds of:

Close Grip or Rope Pull Ups (Thumbs Up)

Use a vest or weight heavy enough to fail @ 4-6 reps under the R<sub>x</sub>

Alternate with

Ring or Bar Dips keeping the hands as close to the body as possible.

\* No DB's use a BB and follow last weeks protocol. [180706](#)

(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*