

180803 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 Plank Ring Pull Ups

(Heels on Bench for Elite Trainees)

25 Alternating Arm Ring Extended Push Ups

25 Alternating Legs 'Cross-Over' Sit Ups*

*Lower Back (only) in contact with the floor. Right Elbow to Lt Knee. Repeat Left Elbow to Rt Knee for one rep.

(15)

Skill: Handstand and Walk

50 Meter HS Walk w/HS Push Ups

(5)

Power: BB Bench Press Alternate with BB Wide Grip (To grip ends) Bent Row

10-10-10-10-10-10

Work heavy! Try to work failure loads within the R_x range. Alternate each Bench round with Wide Grip BB bent row. Keep the back flat with a slight end in the knees to take the load off the lower back.

Rest :30-:60 between rounds

You may need to scale the MetCon because of the high volume of this component. Cut the rounds to 3 instead of 5 if you are unable to complete the R_x above cleanly

(18)

MetCon/Endurance / Stamina:: Biceps and Triceps

R_x @ 5 x 5-8 Standing BB Curls

Alternate with

BB Close Grip Bench

3 Rounds of:

Reverse Grip or Rope Pull Ups (Thumbs Out-Pinky's Touching)

Use a vest or weight heavy enough to fail @ 4-6 reps under the R_x

Alternate with

Diamond Push Up (Feet on a bench) to FAILURE

(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