

## 181116 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 @

100 Push Ups

(Xtra? Add vest or Ring PU's)

100 Sit Ups

50 Pull Ups

Alternate between Burpee Pull Ups Rx and Heavy Weighted Sit Ups.

Use a vest to scale up- 'Killer'

(15)

**Skill:** Handstand; Handstand Walk; Handstand Steps

50 Meter HS Walk or Handstand Step Ups onto Olympic Plate/s or Steps; Work for a real Handstand Push Up

Use rubber plates so they don't move when you step up with your hands. No Handstand? Work kick ups on a wall or walk ups.

See Handstand Tutorial @ <https://youtu.be/p2AZMFPRWwM>

(5)

**Power/Strength:** BB Incline Bench Press

3-3-3

Go as heavy as possible: AHAP

4-0-2-0 Tempo Alternating Hands

(20)



## HYPERTROPHY PROTOCOLS BELOW

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: "Hypertrophy"

BB Bench	3 Rounds of 3	Fail @ 3 reps: Make this heavy Max out for a 'Triple'
Alternate		
Rope or Towel Pull Ups	3 Rounds of 10-12	Try to maintain a grip on the towel and not knotting the towel or the hands to hold
Alternate		
Standing DB Curls AHAP (As Heavy as Possible)	3-4 Rounds	Let the arms hang and stretch each rep and curl to the full ROM and then flex and hold for a count of 4. Begin at a failure rep range of 8-12 reps in the first round. (That means you cannot safely do an 13th rep. If you can do another rep add weight for the next round.) Your last round failure should be when you cannot safely do an 8th rep. (This is accomplished in your 3rd or 4th round.)
Alternate		
Skull Crusher	Max Effort	Use as many rounds as necessary to complete 30 Reps. Use Heavy Loads

CAP @ (25)

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**Stamina/Endurance:** For Time: 10k Run, Row or 1k Swim  
(25)

## Senior Menu

**Seniors:** "Old Guys/Gals WOD"

Follow **Base** and **Skill** Components

**Power/Strength:** 3-5 Rounds of

8-12 DB or BB Bench Press

NO BP: Do Hand Release or Regular Push Ups or 'Dive Bomber' PU's

Hand Release PU's are standard PU's but when your chest touches the floor pull the hands off the floor for a 2 count and return to the UP, Plank position.

For greater effort do PU's on DB's or anything that elevates the chest off the floor.

Allow the chest to drop below the level of the support for stretch reflex. This will enhance the stress on the chest and supporting muscles to further develop the chest and shoulders.

8-12 DB or BB Curls

This can be done with DB's or Straight Bar

10-20 Sit Ups or Leg Levers

(20)

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