

# 180216 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 YHWH and quickly turns from his view of life to that of the Lord's view.*

**Base:** ROM @ 3 Rounds of

15 "Depth Drop" PLYOMETRIC PUSH UPS\*

10 Reverse Grip (Thumbs out) Chin Ups (No Swing-Dead Hang)

\*<https://youtu.be/7hulFyTsxeA>

(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; Handstand Jump to elevated Stationary Platform

(5)

**Power:** 6 Rounds of

"HEAVY" Barbell Inline Bench Press

5-5-5-5-4-3

\*Work within the R<sub>x</sub> in the rep range with a SPOTTER!

(18)

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

[https://youtu.be/aEX\\_JOB47R4](https://youtu.be/aEX_JOB47R4)

**MetCon:** Biceps and Triceps

3 x 5-8 Seated Incline DB Curls Alternate with Close Grip Bench Press

3 x 5-8 Seated Hammer Curls Alternate with BB "Skull Crusher"

"Heavy-Lite" DB Standing Curls w/heavy load Curl to failure @ 5 Reps immediately drop the weight and repeat the R<sub>x</sub> with a lighter load failing @ 5 Reps

(15)

**Endurance / Stamina:** 5 Rounds of

10 Wide Grip Bent Row; 10 GHD Sit Ups

(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*