

# 151004 Wednesday Chest/Back

Pro 29:3

Whoso loves wisdom rejoices his father: but he that keeps company with harlots spends his substance.

*Bad company will corrupt good morals particularly for a man who has an eye for the loose ladies.*

**Base:** ROM

50 Side Walking Push Ups  
25 Reverse Grip Pull Ups  
25 Alternating Hand Forward/Back Push Ups  
25 Snatch Grip Bent Row  
(15)

**Skill:** Handstand/Walk on Hands 30 Meters  
(5)

**Strength:** 5 Rounds of Bench Press

Use a slight incline to take some of the load off the Rotator Cuff  
Increase loads from previous week

This lifting modality is difficult but produces dynamic muscle hypertrophy and strength.

8-10 @ 55% Warm Up

8-Failure @ 65%

5-Failure @ 75%

5-Failure @ 80%

Failure @ 85%

**Inroad:** 10 Second Pause/Hold

Slight bend at the elbow just below lockout but not locked out; force the muscle to do the work and not the joint or bone-on-bone extended elbow.

TEMPO @ 4-0-4

Work full ROM.

Lower the Bar to Upper Chest @ Base Pec Line.

**DO NOT ATTEMPT THIS WITHOUT AN EXPERIENCED SPOTTER**

**Eccentric** (Lowering the Load) @ 4 Count. No Pause At Chest. Touch and Go immediately to **Concentric** (Lifting the Load) @ 4 Seconds; Focus on TUT (Time Under Tension) DO NOT lock out at the top of the lift; keep the load off the joints and on the muscle.

60-90 Second Rest between Rounds

**Remember, YOU MUST HAVE A SPOTTER!**

(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

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Chose ONE of the following to complete the Rx

## MetCon: On-The-Minute

Begin the Prescription with 3 Pull Ups adding 1 additional Pull Up each minute for 10 minutes.

75 Total Pull Ups  
(10)

**Stamina:** 1000 Jumps @ Jump Rope any protocol  
Minimum 100 must be Double Under

(12)

## Endurance:

Run 3200 Meters

or

Swim 1000 Meters

or

Row 5000 Meters

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