

# 180720 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 Ring Pull Ups

30 Ring 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:** DB Incline Bench Press

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

Work heavy! Try to work failure loads within the R<sub>x</sub> range.

(18)

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

R<sub>x</sub> @ 5 x 5-8 BB Standing 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 BB's available so that you do not delay the 'reduced load' reps.

Alternate with

BB Skull Crushers

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<sub>x</sub>

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*