

# 180921 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:** 10 Rounds of

10-9-8-7-6-5-4-3-2-1 Ring Push Ups

(Elevate the Feet or Add a Vest for Elite Trainees)

1-2-3-4-5-6-7-8-9-10 Plank Pull Ups

(Elevate the Feet or Add a Vest for Elite Trainees)

(15)

**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:** 5 Rounds of

Body Weight Incline Bench Press @ Olympic Bar

\*Work within the R<sub>x</sub> @ Body Weight-Scale to Skill and Strength. Use a SPOTTER!

(18)

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

R<sub>x</sub> @ 3 x 8-12 Standing BB Curls

Alternate with Close Grip BB 'Skull Crushers'\*

3 Rounds of:

Reverse, Close Grip Chin Ups to FAILURE

Elbow Plank to Push Up\*\* to FAILURE

\*Skull Crushers are performed properly beginning in the extended position with the 'Elbows' pointed to the ceiling and the bar extended over the head at a 45 degree angle and not directly over the face. Lower the weight slowly above the head and face so that the bar at the bottom is not on the nose or forehead but over the head even with the bench. Elbows remain pointed at the ceiling.

\*\*Elbow Plank Push Ups: Begin in a palms and elbow plank position. Press from the elbows to the hands and return to the plank starting position: one rep. Modify by working from the knees.

(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