

# 181012 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:** 1 Round of

25 Plyo Push Ups w/clapping hands

25 Toes-2-Bar (No Swinging allowed)

25 Reverse Grip (Thumbs Out) Chin Ups

25 Bar Dips

(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:** 3-5 Rounds of failure

DB Single Arm Incline Bench Press

Using 2 DB's, one in each hand, perform 8-12 reps with one arm supporting the other DB fully extended. When the R<sub>x</sub> is completed on that arm repeat the protocol on the other.

Rep range should represent a failure load w/i the 8-12 paradigm

(You may need to rest between arms to safely support the extended DB)

(18)

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

R<sub>x</sub> @ 3 x 8-12 Seated Incline DB Curls to failure

Alternate with Close Grip Bench Press to failure

3 Rounds of:

10 Standing DB Curls failure

Diamond Push Ups 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*