

151028 Wednesday Chest/Back

Pro 29:3

Whoever loves wisdom makes his father rejoice, But a companion of harlots wastes his wealth.

Bring joy to your father is easy, love Jesus and the Word of GOD. I guarantee you your father will rejoice to know that his children walk in truth.

Base: ROM
100 Push Ups
50 Pull Ups
Partition as needed
(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

10 @ 50%

8 @ 60%

5 @ 70%

5 @ 75%

Failure @ 80%

Inroad Round: 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 @ 4-0-4-2

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; Pause just below lockout for a 2 count. Begin another rep from this static hold.

Focus on TUT (Time Under Tension)

60-90 Second Rest between Rounds

Remember, YOU MUST HAVE A SPOTTER!

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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(15)

Chose ONE of the following to complete the Rx

MetCon: On-The-Minute

10 Rounds of 5 MedBall Toss and Sprint

Set a Cone 20 Meters from your MBT area. Perform 5 MBT's and sprint out to the cone and back. Rest and recovery is the time remaining in the minute following the 5 MBT and Sprint.

(10)

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

(12)

Endurance:

Run 1600 Meters

or

Swim 800 Meters

or

Row 3200 Meters

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