

Thursday 19th of Jan

Had a big day of training today

AM- Rode the bike to work 8km

2 rounds of JGXT hamstring curl/hold- 7 reps >>1 rep (hold supine bridge in between)
Did my shoulder prehab stuff then messed around with 1 arm HS hold against the wall
15 Minutes of HS step downs off an aerobic step.

Lunch- Did a little workout of pull ups (concentric only- explosive style) & HSPU. 4 sets of 6 reps of each with my 5kg Hypervest on.

PM

I still felt good so I decided to do the Bar-barian test out again.

Instead of Jump MUs I decided to do the MUs with 20kg of assistance (so essentially a 90kg MU)

It looked as follows

Muscle ups 5 reps (5 -assisted 20kg)

Dips x45 (30,15)

Pullups x 25 (10,5,5,5)

Push ups x55 (40,15)

Muscle ups x 5 (assisisted 20kg got all 5 however they were walkover style due to fatigue)

Got it done in 7 mins 14 which I was very happy with.

Swapping the jump muscle ups -in previous workouts - for assisted muscle ups in this workout made a huge difference in time and tricep fatigue. Doing 15 jump muscle ups with the dip at the top meant way more dips completed prior to actually doing the dips next in the sequence.

Still a little way off getting each movements reps done in one set and also getting it done in under 6 mins but its a big jump from my 9 mins 30 secs.

Rode the bike home into a howling head wind and 40 degree heat (absolutley shattered after today)

Friday the 20th of Jan

Today I just rode the bike into work

I was not going ot work out today but ended up doing the following as a late decision.

Valslide crawls + push ups -100m + 100 push ups (10 x 10m + 10 push ups)

Then messed around with assisted muscle ups again- I have to get these Goddammit..... one day....surely!!!

Here is a clip of one of the sets with 20kg of assistance. I stand on a set of scales with the assistance band around my feet to ensure I am exact with the assistance I am getting.

[video:http://www.youtube.com/watch?v=rNAve8RlraU&feature=youtube_gdata_player]