

150610 Wednesday Incline Bench Press

Pro 26:1

As snow in summer, and as rain in harvest, so honour is not seemly for a fool.

Honoring a fool is as out of place as snow in summer and rain during the harvest season.

Base: ROM 5 Rounds of
12 "Clock" Push Ups
12 25 MedBall Toss @ 10'/9' Target
12 Wide Grip 'Chin Ups' (Thumbs Out)
(12)

Skill: Handstand/Handstand Walk 50 Meters
No handstand walk? Work kick ups to the wall or Wall Walks. See @ https://youtu.be/cxIPxr6h_yE
Balance and Coordination.
(5)

Strength: 10 Rounds of Barbell Incline Bench Press
8-6-4-3-3-2-2-1-1-1
In 10 Rounds find a new 1 RMIBP
(15)

MetCon: 25 for time of
Burpee "Mule Kick" Pull Ups
From a standing position drop to a plank (Arms extended Push Up Position), hands on the floor or bench, kick both feet back and up 1/2 way to a handstand. Kick back to a standing position and execute a Pull Up=1 Rep
(12)

Stamina/Endurance: 10 Minute Jump Rope
Your favorites for the Rx or Run/Row/Ride 1600
(10)

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