

150812 Wednesday Bench Press

Pro 27:13

Take the garment of him who is surety for a stranger, And hold it in pledge when he is surety for a seductress.

Don't guarantee what you cannot; it will be your demise.

Base: ROM

10-9-8-7-6-5-4-3-2-1-2-3-4-

5-6-7-8-9-10

Push Ups

1-2-3-4-5-6-7-8-9-10-9-8-7-

6-5-4-3-2-1

Sit Ups

Alternate between Push Ups and Sit Ups.

(10 PU-1 SU; 9 PU-2 SU; 8 PU-3 SU; 7 PU-4 SU etc. Follow the Rx for 100 reps each.)

(15)

Skill: Handstand/Walk on Hands 20 meters

Strength: 6 Rounds of Bench Press @ BB

8-6-5-4-2-1

Scale to skill. Work increasing the loads through the ladder.

Begin @ 65-75% 1 RMBP

(15)

MetCon: 3 Rounds of

21-15-9

Kettlebell Swings @ 1 Pood

Sumo Bent Row @ 135

(12)

Stamina: 50 GHD Sit Ups

Endurance: 4 x 300

In each 300 sprint the first 100, Jog the second 100, and Walk the last 100

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