

TUESDAY 130129 () INCLINE BENCH PRESS

“The light of the eyes rejoiceth the heart: [and] a good report maketh the bones fat.”

KJV

Proverbs 15:30

Base: ROM/4 Rounds Frog Complex
Begin @ 75#; add weight each round

Skill: Plank Variations
Work on 4; 3; 2 Point Plank Variations
See Video

Strength: Incline Bench Press 3 Rep Max
10-8-6-4-4-3-3-3 (41)
Work skill and strength.

Keep the loads heavy enough to work hard but Do Not sacrifice form for loads.

USE A SPOTTER!

MetCon: 5 Rounds for time 9-15-21-15-9 of
Samson Push Ups
Pull Ups
Toes-To-Bar

Stamina: 10 Rounds of MedBall/with Sprints

5 MedBall Toss/Sprint 20 Out-20 Back
Set a cone or marker at a starting point and another 20 meters from that point.
Perform 5 MedBall Toss's @ 10' and then sprint out to the marker and back.
Rest and Recovery @ 20-25 Seconds

Endurance: Overhead Walking Lunge @ 45# x 200 Meters

BOVICE

Base: 1 Round

Skill: Rx

Strength: 3 Rounds of 5

Work on the basic lift keeping your grip at just outside the elbow line.

Lower the bar to the neck under control (no chest)

Raise the bar under control up over the chin and eyes.

MetCon: 3 Rounds of 9-15-9

Take the time you need between exercises to work on form and skill.

Stamina: 3-4 Rounds

Endurance: OHWL @ PVC 50 Meters

COMPETITOR

Base / Skill Rx: Scale loads to skill and strength

MetCon: Rx: 3 Rounds of 21-15-9

Stamina: 5-6 Rounds @ 25 Seconds R&R

Endurance: OHWL @ PVC/25

ELITE

Full as Rx'd

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