

# 150218 Wednesday Incline Bench Press

Pro 23:1-3

When thou sittest to eat with a ruler, consider diligently what is before thee: And put a knife to thy throat, if thou be a man given to appetite. Be not desirous of his dainties: for they are deceitful meat.

**Base:** ROM 3 Rounds of  
10-9-8-7-6-5-4-3-2-1 Push Ups  
5 Pull Ups between components round 1  
3 Pull Ups between components round 2  
1 Pull Up between components round 3  
Round One: 10 Push Ups-5 Pull Ups, 9 Push Ups-5 Pull Ups, 8 Push  
Ups-5 Pull Ups etc.  
Round Two: 10 Push Ups-3 Pull Ups, 9 Push Ups-3 Pull Ups, 8 Push  
Ups-3 Pull Ups etc.  
Round Three: 10 Push Ups-1 Pull Up, 9 Push Ups-1 Pull Up, 8 Push  
Ups-1 Pull Up  
(18)

**Skill:** Handstand  
(5)

**Strength:** 3 Rounds of 8-10 Incline Bench Press  
TEMPO @ 4-0-1-0  
4 Count Eccentric, No pause, 1 count Concentric, No pause at the  
top.  
(15)

**MetCon:** 5 Rounds of  
Max Ring Dips or Bar Dips  
Shoulder to the ring.

**Stamina:** 30 x 20 Meter Sprints

**Endurance:** In MetCon

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