

150603 Wednesday Bench Press

Pro 25:24

It is better to dwell in the corner of the housetop, than with a brawling woman and in a wide house.

I pray you have never experienced this: I have not-thank you Jesus!

Base: ROM 4 Rounds of
25 Alternating Hand Punching Push Ups
25 Alternating Hand MedBall Sit Ups
(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
This is a great stimulator for balance and coordination.
(5)

Strength: 10 Rounds of 1 Barbell Bench Press
1-1-1-1-1-1-1-1-1-1
In 10 Rounds find a new 1 RMBP
(15)

MetCon: 5 Rounds for time of
10 'Samson' Plank Push Ups
From a 'Plank' (Push Up-Up Position) lower the body to the bottom of a PU, chest to the floor. Press back to the start (Plank) and rotate on to your right hand, arm fully extended; make a 'T' with the body, right hand and foot in contact with the floor left hand behind the head and elbow pointed at the ceiling, feet in contact with the floor. Bring the left knee up toward the sky and touch the left knee to the left elbow 'To The Sky'. Back to the 'T' and roll back to Plank=1 Rep

10 Mule Kicks
From a plank position, hands on the floor or bench, kick both feet back and up 1/2 way to a handstand. Bring the legs back to the starting position=1 Rep

10 Reverse Grip Chin Ups
Do a Pull Up with the palms facing you: Biceps!
(12)

Stamina: 150 AbCore

Perform your favorite AbCore components for 150 Reps
Sit Ups; Leg Levers; 'V' Sits; Reverse Crunch; 'Spider' Sit Ups

Endurance:

Run/Row/Ride 5-10k

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