

## 150520 Wednesday Bench Press

Pro 25:11

A word fitly spoken is like apples of gold in pictures of silver.

**Base:** ROM-50 Pull Ups; 100 Push Ups; 150 Sit Ups  
(15)

**Skill:** Handstand/Handstand Walk 50 Meters  
No handstand walk? Work kick ups to the wall or wall walks. See @ [https://youtu.be/cxIPxr6h\\_yE](https://youtu.be/cxIPxr6h_yE)  
(5)

**Strength:** 5 Rounds of 5 Bench Press\*  
Begin at a weight that will cause you to fail within the Rx Rep-Range  
i.e. 4-6 reps.

\*Chaser: 5 Bar Dips  
(15)

**MetCon:** 5 Rounds for time of  
10 Alternating Hand MB Push Ups  
Place a MB on the floor with your right hand on the ball, arm bent and left hand on the floor. Explode off the MB with the right hand to the right side switching hands. Repeat with the left hand returning to the starting position for one rep. Try to perform the Rx AFAP (As Fast As Possible) pressing the body as high into the air as you can.  
10 Dead Hang Pull Ups  
(10)

**Stamina:** 10x20 MB Toss and Sprint  
Perform 10 MBT to a 10' Target then sprint out 20 meters and return. Repeat for 5 Rounds

**Endurance:**  
In Stamina

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