

150701 Wednesday Bench Press

Oldies 141210

Pro 21:2

Every way of a man is right in his own eyes: but the LORD pondereth the hearts.

Base: ROM @ 3 Rounds of
10-12 Inverted Row <http://youtu.be/t97EjUsCFNw>
5-12 Bar Dips
4 Count on the eccentric contraction phase of the
exercise. (4 Count on the 'Down' phase)
(8 Minute Cap)

Skill: Plank Variations

Strength: 3 Rounds of 10-12 Single Arm DB Bench Press*
1 DB only: Complete the rep Rx on one side before going
to the other. 4-0-1-0 Tempo
*Chaser: 5 Hand Release Push Ups
No DB's? Work 1 Hand PU's off MedBall with Vest or
Barbell at same tempo.
(12)

MetCon: 3 Rounds of 8-12 Incline Bench Press
Work to failure for each set.
Tempo @ 4-2-1-0
(4=Down; 2=Pause @ Chest; 1=Push to full extension; 0=No
Pause at the extension)
(18)

Stamina: 50 GHD Sit Ups

Endurance: Jog 5k

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