

150121 Wednesday Incline Bench Press

Pro 21:16

The man that wandereth out of the way of understanding shall remain in the congregation of the dead.

Base: ROM 3 Rounds of
20 Clock Push Up
20 Double Unders
20 Kettlebell Swings
(15 Cap)

Skill: Handstand/Handstand Walk
(5)

Strength: 4 Rounds of 8-12 Single Arm Bench Press
Working one arm at a time: 4-0-2-0 Tempo
Scale Loads to skill and strength failing within rep range. Hold time under tension @ 2 at the bottom of rep range.
(15)

MetCon: 5 Rounds to failure of
Failure: No longer able to perform a rep with good form.
Incline Bench Press @ 60% 1 RMBP
Reverse Grip Pull Up

Stamina: 4 x 400 Meter Sprint
Rest 1/2 Sprint Time

Endurance: Jog 1600

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