

MONDAY 130204 (3) BENCH PRESS

“He that laboureth laboureth for himself; for his mouth craveth it of him.”

KJV

Proverbs 16:26

Base: ROM/-25 Each

4 Count Mountain Climber
Burpee Pull Up
Split Jumps
Samson Push Up

Skill: Plank Variations
See Video

Strength: 5 Rounds of 8-10 Bench Press
8-8-8-8-8 (40-50)

Work skill and strength.

Keep the loads heavy enough to work hard but Do Not sacrifice form for loads.

Reps should be at failure: Fail between 8 and 10 reps.

Failure at 7 is too heavy, 11+ is too light; this rep ratio is for muscle hypertrophy
(building size) work so you fail at 8,9, or 10 max.

USE A SPOTTER!

MetCon: “INCLINE BASH”

5 Rounds of 9-15-21-15-9

DB Incline Bench Press @ Heavy Loads

Box Jumps

After each round add . . .

3 Rope Ascents

Stamina: 3 Rounds of

10 MedBall Shoulder Cleans, Sprint with MedBall at shoulder 40 Meters, Repeat
MedBall Shoulder Cleans opposite shoulder. Sprint Back.

Equals one round.

Endurance: 400 Meter Farmer Carry @ 50 Pounds each hand.

BOVICE

Base: Rx 10-15 Reps Each

Skill: Rx

Strength: 3 Rounds of 8-10

Be certain to use a spotter!

MetCon: 3 Rounds of 9-15-9 Rx: One Rope Ascent

Stamina: Rx @ 50%

Endurance: 100 Meters @ 25 Pounds

COMPETITOR

Base / Skill as Rx'd

Strength: 3 Rounds of 8-10 / **MetCon:** 3 Rounds Rx 21-15-9

Stamina: Rx

Endurance: 200 Meter Farmer Carry @ Rx

ELITE

Rx

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