

150617 Wednesday Bench Press

Pro 26:5

Answer a fool according to his folly, lest he be wise in his own conceit.

Correct a fool quickly or he will, because he is a fool, think that since he has not been corrected, he is wise.

Base: ROM 5 Rounds of
12 Punching Push Ups
12 4 Count Mountain Climbers
12 Reverse Grip Chin Ups (Thumbs out)
(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
Balance and Coordination.
(5)

Strength: 5 Rounds of 5 Barbell Bench Press
5-5-5-5*

*Chaser: 5 Hand Release Push Ups after each Round
Begin with 70-75% of your 1 RMBP and continue to add weight until form breaks or you complete the component. Stay within a 4-6 rep ratio. Maintain proper form. Scale to skill and strength.
(15)

MetCon: 3 Rounds of 21-15-9
Barbell or Dumbbell Incline BP
Snatch Grip Bent Row
(12)

Stamina/Endurance: 10 Minute Jump Rope
or Run/Row/Ride 1600 or Swim 500
(10)

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