

MONDAY 130121 (1) PUSH PRESS

"He who despises his neighbor sins; But he who has mercy on the poor, happy [is] he."

NKJV

Proverbs 14:21

Base: ROM / 8 Minutes Bulgarian Training (10 Minute Cap)
No Bag? Use MedBall or anything you can safely swing.

Skill: Handstand (5 Minute Cap)
See Handstand Training Video

Strength: 8 Rounds of 3 **Push Press**
(15 Minute Cap)

3-3-3-3-3-3-3 (24)

Begin with 75% of last 1 RM; increase the load each round. Keep loads heavy enough to work hard.

MetCon: 5 Rounds For Time of: (20 Minute Cap)

10 Handstand Push Ups

3 Rope Ascents

15 MedBall Toss @ 10' Target

20 Box Jumps @ 24" / 20" Box

Stamina: On-The-Minute for 10 Minutes:

20 / 50

Bear Crawl 20 Meters then Sprint 50

Endurance: In Stamina



Base: Rx

Skill: Rx Work on Handstand Basic's

See Video above

Strength: 5 Rounds working with manageable loads.

Work on skill, as you become familiar with the lift your strength will increase rapidly.

See Push Press

MetCon: 3 Rounds with Scaled loads and 50% rep ratio.

Substitute 3-6 Towel Pull Ups for Rope Ascents

Stamina: 50% Rx'd

Endurance: NA



Base / Skill as Rx'd

MetCon: 3 Rounds

Stamina: O-T-M for 6-8 Rounds

Endurance: NA



As Rx'd



". . . and 100!" "OK, aaah, Now the 4 count flutter kicks."
"Next time I'll do it without you guys holding my feet."

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