

150923 Wednesday Incline Bench

Pro 28:15

Like a roaring lion and a charging bear Is a wicked ruler over poor people.

Evil rulers make life almost hopeless for the masses.

Base: ROM of
15-14-13-12-11-10-11-12-13-14-15
Push Ups
1-2-3-4-5-6-5-4-3-2-1
Pull Ups
Alternate between Push Ups and Pull Ups
(15)

Skill: Handstand/Walk on Hands 20 meters

Strength: 8 Rounds of 3 Bench Press
Heavy Loads: Scale to skill Be sure to have a spotter.
(15)

MetCon: 3 Rounds for time of
8 Barbell Incline Bench Press @ 4-0-1-0 Tempo
10-12 Snatch Grip Bent Row
(12)

Stamina: Side Walk Bear Crawl 100 Meters
50 Moving Left and 50 Moving Right
(8)

Endurance:
Swim 1000 with fins/500 No fins
Jump Rope 1000 Reps any Jump if no Pool

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