

# 150930 Wednesday Chest/Triceps

Pro 28:15

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

*There is no place for peace with wickedness in the heart and mind of the leader; the people live in fear.*

**Base:** ROM 3 Rounds of  
10 Ring Push Ups  
10 Wide Grip Bent Rows @ 75-135  
5 Jump Knee Tuck Burpee's  
(8)

**Skill:** Handstand/Walk on Hands  
(5)

**Strength:** 4 Rounds of Incline Bench Press

5-5-5-5

TEMPO @ 5-0-2-0

Work full ROM.

Lower the Bar to Upper Chest @ Chin and Neck.

**Be certain to have a SPOTTER**

Eccentric (Lowering the Load) @ 5 seconds; Concentric (Lifting the Load) @ 2 Seconds. Focus on TUT (Time Under Tension) We want the most for your time.

(15)

Chose ONE of the following to complete the Rx

See FAQ for the change in WOD protocols

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

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**MetCon:** 3 Rounds of

1 @ 1 RM Barbell Bench Press

Be certain to have a Spotter, you will be spent from the IBP

Max Pull Ups + 25 lbs (Load for 2-3 Max Reps)

Scale to Strength and Skill

(8)

**Stamina:** 250 Double Under Jump Rope

(7)

**Endurance:**

1600 Meter Run

Sprint 100, Jog 200, Walk 100 Repeat for 4 Rounds

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