

MONDAY 130107 (3) BENCH PRESS 5 RM

“How much better [is it] to get wisdom than gold! and to get understanding rather to be chosen than silver!”

KJV

[Proverbs 16:16](#)

Base: ROM/50 MedBall Toss @ 10' Target

Skill: Plank Variations
See Video

Strength: 5 Rep Bench Press Max 10-8-6-5-5-5 (39)
Work skill and strength.

Keep the loads heavy enough to work hard adding weight to each round.

Maintain form trying to find your Bench Press 5 RM

Use a Spotter and follow Skill/Lift protocols:

See **Bench Press Video**

MetCon: “Master”

10 Rounds for time of

10-9-8-7-6-5-4-3-2-1 (55)

Incline Bench Press @ 60% 5 Rep BPM

Plank Pull Up

1-2-3-4-5-6-7-8-9-10

GHD Sit Ups

Thai Plank (Each Side)

Stamina: For Time

5 Rounds

Bear Crawl @ 50 Meters

Backward Sprint 50 Meters

Endurance: In Stamina/MetCon

BOVICE

Base: 20 MedBall Shots

Skill: Rx

Strength: 3 Rounds of 5

Work on Skill and Form: Weight will come as Skill improves
See [Video](#).

MetCon: 5 Rounds 1-5 & 5-1

Stamina: 50% Rx

Endurance: Rx

COMPETITOR

Base / Skill as Rx'd

MetCon: Rx-Rest as needed

Stamina: Rx

Endurance: 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