

150729 Wednesday Bench Press

Pro 27:2

Let another man praise you, and not your own mouth;
A stranger, and not your own lips.

If you have to brag about yourself, you have much more to accomplish.

Base: ROM @ 5 Rounds of
1 Minute Speed Jump

NO STOP!

10 "Samson" Push Ups

See SPU's @ <http://www.thesamsonoption.com/faq.html>
(10 Minute Cap)

Skill: Handstand/Walk on Hands 20 meters

Strength: 6 Rounds of Bench Press @ Barbell
10-8-6-4-2-2

Scale to skill. Work increasing the loads through the
digressing ladder. Begin @ 60-65% 1 RMBP
(18)

MetCon: 3 Rounds of
10 Bar **or** 5 Ring Dips
15 'Heavy' DB 'Suitcase' Row
(12)

Stamina: 50 Donkey Kicks for time
(Both Feet Hands on Bench or Floor: Rookies Bench)

Endurance: In Stamina

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