

150204 Wednesday Bench Press 1 RM

Pro 22:27

If thou hast nothing to pay, why should he take away thy bed
from under thee?

Base: ROM 2 Rounds of
25 Side-Walking Push Ups
15 Box Jumps @ 20-24" Box
(7)

Skill: Handstand Push Ups
(5)

Strength: 8 Rounds of Bench Press
10-1-10-1-10-1-10-1

Add weight as you progress squatting full. Work for One Rep
Max Bench Press between 10 rep sets. Begin with 85% of your
old Max for 8-10 reps then add 5 lbs to the old Max for one rep.
Drop back to 85% for 10 and repeat. Be sure to have a spotter.
(15)

MetCon: 3 Rounds of
10-12 Dumbbell Incline Bench Press
Or
10-12 Bar Dips

Stamina: 20 x 20 Meter Sprints

Endurance: In MetCon

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