

## 150422 Wednesday Bench Press

Pro 24:19-20

Fret not thyself because of evil men, neither be thou envious at the wicked; For there shall be no reward to the evil man; the candle of the wicked shall be put out.

**Base:** ROM 5 Rounds of  
5 Box Over Jumps  
20 Double Unders  
(12)

**Skill:** Handstand/Handstand Walk 50 Meters  
(5)

**Strength:** 3 Rounds of 8 Barbell Bench Press  
Begin at 65-75% 1 RMBP add weight each round.  
4-0-1-0 Tempo  
(10)

**MetCon:** 4 Rounds of 8 Heavy DB Incline Press  
Support DB's both arms fully extended lowering one arm while the other is kept extended. Follow 4-0-1-0 Tempo Protocols for each arm. Failure rep range of 7-9 reps  
(18)

**Stamina:** 1600 Meter Run @ Moderate Pace

**Endurance:** 50 Toes-To-Bar

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