

150225 Wednesday Bench Press

Pro 23:12

Apply thine heart unto instruction, and thine ears to the words of knowledge.

Base: ROM @ 50 Each of
Push Ups; Sit Ups; Air Squats
(12)

Skill: Handstand/Handstand Walk for Distance
(5)

Strength: 5 Rounds of 8-10 DB Bench Press
TEMPO @ 4-0-1-0

Hold one DB fully extended as you lower the other on a 4 count then press it back to full extension. Lower the second on a 4 count upon completion of the first rep. Repeat to failure @ 8-10 Rep Ratio.
(15)

MetCon: 5 Rounds for time of
5 Ring or Bar Dips
5 'L' Pull Ups
15 MedBall Sit Ups

Alternate hands supporting the MedBall on each rep for 15 each side.

Stamina: 100 Meter Bear Crawl

Endurance: Sprint 2 x 400

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