

130314 THURSDAY (1) BENCH PRESS

"A true witness delivers souls: but a deceitful [witness] speaks lies."

NKJV

Proverbs 14:25

"CHEST-TERRIFIC"

Base: ROM / 30 Each: Samson Push Ups, MedBall Toss, Burpee's, Knees-To-Elbows (10 Minute Cap)

Skill: Plank Variations (5 Minute Cap)
See Training Video

Strength: 5 Rounds of 5 Bench Press w/ 5 Hand-Release Push Up Chaser. (12 Minute Cap)

5-5-5-5-5 (25)

Begin with 75% of last 5 RM; increase the load each round.

Keep loads heavy enough to work hard.

(3 Reps is too many, 7 Reps is too light.)

If/When you have to arch or break form, return to the last perfect lift to complete the component.

As Always, Use a Spotter!

MetCon: 5 Rounds For Time of: (20 Minute Cap)

9-15-21-15-9

Incline Bench Press @ 65% 5 RM

Burpee Pull Ups

Toes-To-Bar

Stamina: 2/1 2000 Meter Run/Row

Endurance: AbCore 250

COVICE

Base: Rx

Skill: Rx

See Video above

Strength: Rx; Scale Loads to Strength

MetCon: 3 Rounds starting @ 9-15-9

Stamina: 50% Rx'd

1/:30 for 1000

(Rest as Needed)

Endurance: 5 Minute AbCore

(Rest as Needed)

COMPETITOR

Base / Skill as Rx'd

MetCon: Rx Scale Loads to skill and strength

Stamina: 3 Rounds of: 21-15-9

Endurance: Rx

ELITE

As Rx'd

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