

# 150318 Wednesday Incline Bench Press

Pro 23:22

Hearken unto thy father that begat thee, and despise not thy mother when she is old.

**Base:** ROM 1 Round each of  
50 Push Ups and 10 Pull Ups  
30 Hand Release Push Ups and 15 Pull Ups  
20 Clapping Push Ups and 20 Pull Ups  
(15)

**Skill:** Handstand/15 Handstand Push Ups  
(5)

**Strength:** 8 Rounds of 3 Bench Press  
Begin at 75-85% 1 RMBP add weight to failure reps @ 3  
(15)

**MetCon:** 3 Rounds for time of  
10 Incline BP @ BB or DB  
12 Snatch Grip Bent Row

**Stamina:** 100 Sit Ups  
25 Each Side Suitcase Row

**Endurance:** Sprint 5 x 200 or 1600 @ Race Pace

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