

# 150416 Wednesday Incline Bench Press

Pro 24:17

Rejoice not when thine enemy falleth, and let not thine heart be glad when he stumbleth: Lest the LORD see it, and it displease him, and he turn away his wrath from him.

**Base:** ROM Run or Row 1600  
(12)

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

**Strength:** 10 Rounds of 1 Barbell Incline Bench Press

1-1-1-1-1-1-1-1-1-1

Begin at 70-85% 1 RMIBP add weight to find a 1 RMIBP  
Use a spotter!

(15)

**MetCon:** 4 Rounds for time of  
400 Meter Run

Follow each 400 with one of the following:

4 Count Flutter Kick; Sit Ups; Reverse Crunch; Leg Levers

**Stamina:** In MetCon

**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