

# 150506 Wednesday Bench Press

Pro 24:30-34

I went by the field of the slothful, and by the vineyard of the man void of understanding; And, lo, it was all grown over with thorns, and nettles had covered the face thereof, and the stone wall thereof was broken down. Then I saw, and considered it well: I looked upon it, and received instruction. Yet a little sleep, a little slumber, a little folding of the hands to sleep: So shall thy poverty come as one that travelleth; and thy want as an armed man.

**Base:** ROM 1000 Jumps Jump Rope  
100 Each: Regular Jumps; Side-To-Side; 2 Right-2 Left;  
Front-To-Back; Run In Place; 'X'; 50 Right-50 Left; 50  
Right/50 Left Side-To-Side; Double Under's with Single  
between; Double Under's  
(12)

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

**Strength:** 5 Rounds of 5 Barbell Bench Press  
Begin at 75-85% 1 RMBP add weight each round.\*

**\*Chaser:**  
10 Behind the Neck Wide Grip Pull Ups between each  
round.  
(15)

**MetCon:** 4 Rounds of 8 DB Incline Bench Press  
Single Arm Incline DB Bench Press. Using ONE DB,  
lower the weight to the shoulder on a 4-0-2-0  
Count. Perform 8 Reps and repeat with the other arm.

**\*Chaser:**  
10 In front of the Neck Wide Grip Pull Ups between each  
round.  
(18)

**Stamina:** 100 4 Count Flutter Kicks  
100 Sit Ups

**Endurance:** 50 Suitcase Rows each arm

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