

# 150916 Wednesday Bench Press

Pro 28:8

One who increases his possessions by usury and extortion  
Gathers it for him who will pity the poor.

*Cheaters will never prosper in the things that matter. Riches will always end up in the hands of the honest and righteous who will share it with the poor.*

**Base:** ROM 3 Rounds of  
15 Ring Push Ups  
5-6 Suitcase Row @ DB each hand (Heavy Loads)  
(12)

**Skill:** Handstand/Walk on Hands 20 meters

**Strength:** 50 Body Weight Bench Press  
50 Reps using body weight. Be sure you have a spotter.  
(15)

**MetCon:** 3 Rounds for time of  
10-12 Single Arm Incline Bench Press  
Set the Incline Bench above 45 degree angle. With one DB in either hand lower the weight to the outside of the shoulder on a four count. Press the DB back fully extended for one rep. Repeat to failure within the rep range. Finish the round with the other arm repeating the Rx. Take care with balance on the bench as you will have to tighten the core (Abs) to prevent rolling off the bench.

10-12 Plank Pull Ups  
(12)

**Stamina:** Bear Crawl 100 Meters  
10 Push Up penalty for each rest stop.

**Endurance:** Row 5k  
No Rower?  
Swim 1000 with fins/500 No fins  
Jump Rope 1000 Reps any Jump

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