

150708 Wednesday Incline Bench Press

Pro 26:14

As the door turns upon his hinges, so does the slothful upon his bed.

Base: ROM @ 5 Rounds of
10-12 Inverted Row <http://youtu.be/t97EjUsCFNw>
5-12 Ring Push Ups
(12 Minute Cap)

Skill: Plank Variations

Strength: 5 Rounds of
10-8-6-4-2 Incline Bench Press @ Barbell
Scale to skill.
Do Not Arch on the press!
(12)

MetCon: 3 Rounds of 5
Body Weight Bench Press @ BB
'Diamond' Push Ups on toes (Knees for Rookies)
See @ <https://youtu.be/dmoHFWt-Mms>
Reverse Grip Chin Up
(12)

Stamina: 50 GHD Sit Ups

Endurance: Jog 5k

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