

## 130328 THURSDAY (3) BENCH PRESS 5 RM

"The simple inherit folly, But the prudent are crowned with knowledge."

NKJV

Proverbs 14:18

Base: 10 Minutes HITT 99

See @ [http://www.thesamsonoption.com/HITT\\_99\\_s.html](http://www.thesamsonoption.com/HITT_99_s.html)

Choice (12 Minute Cap)

**Skill:** 2 Point Plank Push Up (5 Minute Cap)

From an Up-Plank (Push Up) position lower the body to the bottom point of a strict Push Up; chest, chin, navel, to the ground, back straight, and elbows breaking 90.

Press Up maintaining a strict Push Up position but just before the completed extension, lift the right/left hand and left/right foot off the ground. Hold for a count of 3.

Replace hands and feet to plank and repeat the process alternating opposite hand and foot points.

**Strength:** 5 Rounds of 5 Bench Press with a 5 Clapping Push Up Chaser\*

(15 Minute Cap) 5-5-5-5-5 (25)

Begin with 75% of last 1 RM; increase the load each round.

Keep loads heavy enough to work hard.

**USE A SPOTTER!**

\*(After each round drop immediately to the floor for 5 clapping Push Ups.

**MetCon:** 5 Rounds For Time of: (18 Minute Cap)

10-Side-To-Side Dive Bomber Push Ups

Side-To-Side: After performing a Dive Bomber, you will move either to your right or left before performing another. Move in either direction from the Plank

2 body widths if room is available.

20 Overhead Squats w/MedBall

20 1-Hand MedBall Sit Ups- 10 Each Hand

20 Split Jumps

**Stamina:** 15 Minutes HITT 99 (Choice)

**Endurance:** AbCore: 50 GHD Sit Ups;

## "NOVICE"

**Base:** Rx

**Skill:** Rx: Work on 3 Point Plank

**Strength:** 5 Rounds working with loads that develop Skill and Strength components. Take care to having a spotter. Work on the technique; loads will come with skill and training.

See Bench Press Basics.

**MetCon:** 3 Rounds with Scaled loads and 50% rep ratio.

**Stamina:** 1600 Meter Run

Try the "Tabata" intervals but rest as needed.

**Endurance:** NA

## "COMPETITOR"

**Base / Skill** as Rx'd

**MetCon:** 3 Rounds

**Stamina:** 1600 Meter Run or "Tabata" 1000

**Endurance:** NA

## "ELITE"

As Rx'd

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