

# 150128 Wednesday Bench Press

Pro 22:3

A prudent man foreseeth the evil, and hideth himself: but the simple pass on, and are punished.

**Base:** ROM 2 Minutes Each  
Punching Push Ups  
Alternate Push Up and Punch with each hand  
Mountain Climbers Crossover  
'V' Sit and DB Punch  
Burpee Jump Knee Tuck  
(8)

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

**Strength:** 5 Rounds of 8-10 Bench Press  
4-0-1-0 Tempo  
Scale Loads to skill and strength failing within rep range. Working TUT (Time Under Tension) No pause: Explode from chest.  
(15)

**MetCon:** 3 Rounds to failure @ 8-12 reps  
**Failure:** No longer able to perform a rep with good form.  
Incline Single Press @ Rep Range Failure  
Plank Row @ Failure

**Stamina:** 400 Meter Single Hand Burden Run  
Run 400 Meters with 50# in either hand. 5 Push Up penalty for each drop.

**Endurance:** Jog 1600

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