

# 150401 Wednesday Incline Bench Press

Pro 24:7

Wisdom is too high for a fool: he openeth not his mouth in the gate.

**Base:** ROM 3 Rounds of  
25 Jumping Jacks  
25 4 Count Mountain Climbers  
25 'V' Sit Dumbbell Press  
(12)

**Skill:** Handstand/15 Handstand Push Ups  
(5)

**Strength:** 8 Rounds of 3-5 Bench Press  
Begin at 70-85% 1 RMBP add weight to failure reps @  
rep range. This is intended to be intense-low volume.  
Be sure to have a spotter.  
(15)

**MetCon:** 5 Rounds for time of  
10 Dive Bomber Push Ups  
25 Double Unders

**Stamina:** 3 Rounds of  
100 Jump Rope "Choice"  
2 Minute Plank Hold Arms Extended

**Endurance:** Run/Row 1600 @ Moderate Pace

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