

150304 Wednesday Incline Bench Press

Pro 23:14

Thou shalt beat him with the rod, and shalt deliver his soul from hell.

Base: ROM @ 100 Each of
Push Ups; Sit Ups; Double Unders
(12)

Skill: Handstand/Handstand Walk for Distance
(5)

Strength: 5 Rounds of 5 Bench Press
TEMPO @ 4-0-1-0

Lower the Barbell on a 4 count then press it back to full extension on an explosive 1 count. Repeat to failure @ 4-6 Rep Ratio. Work FROM 85% 1 RMBP
(15)

MetCon: 3 Rounds for time of
10 Ring or Bar Dips
8 ` Pull Ups

6 "Turkish" Get Ups @ 10-55#
Alternate hands supporting the weight on each rep for 3 each side.

Stamina: 10 x 20 & 20

Bear Crawl 20 and sprint back to the starting position.

Endurance: Sprint 8 x 100

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