

150114 Wednesday Bench Press

Pro 21:20

There is treasure to be desired and oil in the dwelling of the wise; but a foolish man spendeth it up.

Base: ROM 3 Rounds of Push Up Failure @
10-9-8-7-6-5-4-3-2-1=55
2 Minute Rest Between Rounds
(15 Cap)

Skill: Handstand/Handstand Walk
(5)

Strength: 4 Rounds of 8-12 Single Arm Incline BP
Working one arm at a time: 4-0-2-0 Tempo
Scale Loads to skill and strength failing within rep range. Hold
time under tension @ 2 at the bottom of rep range.
(15)

MetCon: 5 Rounds to failure of
Failure: No longer able to perform a rep with good form.
Elevator Push Ups
Reverse Grip Bent Row

Stamina: 400 Meter Weighted Run
Backpack or Sandbag

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