

WEDNESDAY 130220 (3) INCLINE BENCH PRESS

"Wisdom is found on the lips of him who has understanding, But a rod [is] for the back of him who is devoid of understanding."

NKJV

Proverbs 10:13



We dedicate this WOD to

[Farshid Fathi](#)

ARRESTED DECEMBER 2010 IN IRAN (ISLAMIC
REPUBLIC OF)

***Base:** ROM 2 Rounds, 20 Each (Elite-Full, Competitors Scale Loads, Novice-Divide Reps by 4) 8 Minute Cap

20 Squat Jacks

20 WallBall Shots 10' Target 20 / 16

20 4 Count MC

20 Push Press @ 45

***Skill:** Plank Variations (All Levels)

See Video

***Strength:** 3 Rep Max Incline Bench Press- 10 Minute Cap Set Bench @ between 30° and 45° (Elite-Full, Competitors-Scale Loads, Novice- 1-1-1-1-1; Form Lifts-Work on Technique)

3-3-3-3-3

Begin with 20# under old max. If you do not have a 3 Rep Max, begin with a weight that you can do 6-8 Reps; add weight until form breaks or you complete the component. If form breaks, complete the component at the last perfect lift.

Be certain to have a spotter and DO NOT arch your back on the exercise. Arching is simply doing flat bench press.

***MetCon:** 5 Rounds (FT) For Time
(Elite-Full, Competitors-Full scale loads, Novice-3 Rounds; Divide Reps by 2.
Scale loads: 1 Pood.)

10 Incline Bench Press @ 70% 3 RM

20 Box Jumps 24" / 20"

30 Kettlebell Swings @ 1.5 Pood

***Stamina:** 2 Rounds of 2 Minute Blitz with 60 R&R between Rounds

30 Sec Arm Haulers

30 Sec Jump Rope

30 Sec Burpee; 30 Sec

(Elite-Full, Competitors-20 Sec, Novice-1 Round @ 20 Sec)

***Endurance:** Buddy Carry 400 Meters; add a 10 Sit Up Penalty for each stop-first stop 10, second 20, third 30. . .

(Elite-Full, Competitors-300 Meters, Novice-200)

***Training Levels:** Elite-Competitors-Novice I have color coded and annotated the WOD components. Always scale loads and reps to skill and strength level. Train hard with purpose and have fun. . .

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