

130228 THURSDAY (3) BENCH PRESS 3 RM

"My son, hear the instruction of your father, And do not forsake the law of your mother;
For they [will be] a graceful ornament on your head,
And chains about your neck."

NKJV

Proverbs 8:8-9

" I S R A E L "

***Base:** ROM 20 Sandbag Get Ups (10 Min Cap)

***Skill:** Ring 'L' Hold (5 Minute Cap)

Ring support for Ring Dip

Lift legs to an 'L' Position; hold for 10-30 Sec.

Scale: One leg at a time or bent knees.

***Strength:** Bench Press 3 RM

5 Hand Release Push Up Chaser (10 Minute Cap)

10-8-6-4-3-3-3-3 (40)

Scale loads to skill and strength.

Add weight each round until you reach a 3 RM. Complete the component at that load.

DO NOT do this without a spotter.

***MetCon:** 5 Rounds for time of 20 Minute Cap

10 Ring Dips

No Rings? Substitute 15 bar dip or chair dips

15 KTE

20 Pull Ups

***Stamina:** 3 Rounds of Tabata Sprints

10 Out and Back, 15 Out and Back

Set a cone or marker 10 meters from the start point and another at 15.
Sprint to the 1st cone and back then to the 2nd and back.

Repeat for the 20 sec Tabata Interval. Rest 10 sec and repeat for the prescription. 1 Minute rest between rounds.

*Endurance: In Stamina

*30 Minute WOD's choose Base, Skill and MetCon components; 45 Minute WOD's Base, Skill, Strength, and MetCon; 60+ Minute WOD's choose all components. Scale loads to skill and strength level. Train hard with purpose:



TRAIN HARD WITH PURPOSE:

"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."

KJV

Col. 3:17