

150513 Wednesday Incline Bench Press

Pro 25:5

Take away the wicked from before the king, and his throne shall be established in righteousness.

Base: ROM-Ring Push Up/Plank Pull Up Ladder

15-14-13-12-11-10-9-8-7-6-5 Ring Push Ups

5-6-7-8-9-10-11-12-13-14-15 Plank Pull Ups

Alternate Ring Push Ups and Plank Pull Ups for the Rx. i.e. 15 Ring Push Ups and 5 Plank Pull Ups; 14 Ring Push Ups and 6 Plank Pull Ups; etc. Plank Pull Ups: <https://youtu.be/QeYcvrEfkhw>

(15)

Skill: Handstand/Handstand Walk 50 Meters

(5)

Strength: 5 Rounds of 5 Dumbbell Incline Bench Press

Begin at a weight that will cause you to fail within the Rx Rep-Range i.e. 4-6 reps. Hold one DB fully extended as you lower the other to the shoulder and return to extended starting position. Repeat protocol with the other arm for the Rx. Use a 4-0-1-0 "Tempo" lowering the load on a 4 count, no pause at the bottom, extending it to the starting position. Lower the 2nd DB on the same Tempo for 1 rep.

(15)

MetCon: 10 Rounds of 1 BB Body Weight Bench Press
Bench Press

(10)

Stamina: 10x40 Out-and-Back Sprints

Sprint out from a starting point and back to the start (80 Meters). After each Sprint recover in a plank position. When the plank breaks, start the next sprint.

Endurance:

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