

150715 Wednesday Bench Press

Pro 26:20

Where there is no wood, the fire goes out;
And where there is no talebearer, strife ceases.

If you don't gossip, you won't have troubles nor will you be the cause of trouble.

Base: ROM @ 1 Round of

10-9-8-7-6-5-4-3-2-1-1-2-3-4-5-6-7-8-9-10

Burpee/Push Ups

Do a Burpee and then the number of PU's Rx'd for the ladder: 1 Burpee and 10 PU's; 1 Burpee and 9 PU's.
Follow this protocol for 20 rounds: 20 Burpee's/110 PU's
Scale to skill and strength.
(18 Minute Cap)

Skill: 20 Pull Ups

Strength: 8 Rounds of Bench Press @ Barbell

10-6-4-2-2-4-6-10

Scale to skill. Work increasing and decreasing the loads through the ladder. Begin @ 60-65% 1 RMBP
Do Not Arch on the press!

(15)

MetCon: 1 Round of
50 Kettlebell Swings @ 1.5 Pood

(12)

Stamina: 50 GHD Sit Ups

Endurance: In MetCon

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