

# 150408 Wednesday Bench Press

Pro 24:9

The thought of foolishness is sin: and the scorner is an abomination to men.

**Base:** ROM 3 Rounds of  
25 Push Ups  
25 4 Count Mountain Climbers  
25 'V' Sit Ups  
(12)

**Skill:** Handstand/15 Handstand Push Ups  
(5)

**Strength:** 10 Rounds of 1 Barbell Bench Press  
Begin at 90-95% 1 RM BP add weight to find a 1 RM BP  
Don't be like the "suicide" bugs on the windshield; use a spotter!  
(15)

**MetCon:** 5 Rounds for time of  
3 Rounds of 10-12 Incline BP  
10-12 Flatback Snatch Grip Bent Row

**Stamina:** 3 Rounds of  
50 Double Under Jumps  
25 4-Count Flutter Kicks

**Endurance:** Run/Row 800 x 2 @ Moderate Pace

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