

## 130307 THURSDAY (2) BENCH PRESS

"The thoughts of the righteous [are] right, [But] the counsels of the wicked [are] deceitful."

NKJV

Proverbs 12:5

**"The Only Easy Day Was Yesterday"**

**\*Base:** ROM / 25 Each- 10 Minute Cap

Samson Push Ups

MedBall Toss

4 Count Mountain Climbers

(Elite Full, Competitor Full, Novice Full.)

**\*Skill:** Plank Variations-5 Minute Cap

**\*Strength:** 5 Rounds of 6-8 Reps Bench Press- 14 Minute Cap

5-5-5-5-5 (30-48)

(Elite-Full, Competitor-Full; Novice Work for form and technique. Follow the Video protocols. Maintain perfect form. This lift is a Core Lift in that it develops overall strength.)

See Bench Press Video for proper Lift protocols

**\*MetCon:** 5 Rounds, Max Number of Reps 20 Minute Cap.

Incline Bench Press @ 185- 135-95-65

45 Degree Incline

Barbell Bent Row @ Snatch Grip

Clapping Push Ups

(Elite Full; Competitors Full; Novice 3 Rounds, Scale Loads.)

**\*Stamina:** "Tri-Bata" 15 Minute Cap

Row Tabata Protocol

60 Seconds R&R Between Rounds

No Rower?

Substitute SDLHP @ 45 pounds for men and 30 pounds for women.

Take the bar from Mid Shin to under the chin--"Shin to Chin."

2K row = 200 SDLHP's, 1K row = 100 SDLHP's, 500 meter row =  
50 SDLHP's

Do SDLHP's for the protocol

Run or Ride

(Elite Full; Competitors Full; Novice 1 Round.)

**\*Endurance:** 2 Minute Sit Ups, 2 Minute Flutter Kicks

(Elite Full; Competitors Full; Novice Full.)

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



"Keep'n It Real"

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