

# 150527 Wednesday Incline Bench Press

Pro 25:12

As an earring of gold, and an ornament of fine gold, so is a wise reprovener upon an obedient ear.

**Base:** ROM 11 Rounds of

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

1-2-3-4-5-6-7-8-9-10-11 Pull Ups

Begin the component with 15 Push Ups followed by 1 Pull Up.  
Round 2: 14 Push Ups and 2 Pull Ups. Round 3: 13 Push Ups and 3 Pull Ups etc until complete or CAP  
(15)

**Skill:** Handstand/Handstand Walk 50 Meters

No handstand walk? Work kick ups to the wall or wall walks. See @ [https://youtu.be/cxIPxr6h\\_yE](https://youtu.be/cxIPxr6h_yE)  
(5)

**Strength:** 8 Rounds of 3 Incline Bench Press

Begin at a weight that will cause you to fail within the Rx Rep-Range  
i.e. 2-4 reps.  
(15)

**MetCon:** 2 Rounds for time of

21 MedBall Toss @ 10-9' Target 16-20#'s

15 Toes-To-Bar

9 'Samson' Push Ups

(10)

**Stamina:** 150 AbCore

Perform your favorite AbCore components for 150 Reps  
Sit Ups; Leg Levers; 'V' Sits; Reverse Crunch; 'Spider' Sit Ups

**Endurance:**

In Stamina

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