

150722 Wednesday Incline Bench Press

Pro 26:24

He who hates, disguises it with his lips,
And lays up deceit within himself;
When he speaks kindly, do not believe him, For there
are seven abominations in his heart;

A man can hide his hatred through lies but lies will not change his heart.

Base: ROM @ 1 Round of
50 Ring Push Ups
50 Snatch Grip Bent Row
(10 Minute Cap)

Skill: Thai Plank

Strength: 6 Rounds of Incline Bench Press @ Barbell
10-8-6-4-2-2

Scale to skill. Work increasing the loads through the
digressing ladder. Begin @ 60-65% 1 RMBP
Do Not Arch on the Incline Press! This makes the lift a badly
executed Bench Press

(18)

MetCon: 1 Round of
100 Alternating Hand Kettlebell Swings @ 1 Pood
(12)

Stamina: 50 Donkey Kicks (Both Feet)

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