

# 150204 Wednesday Incline Bench Press

Pro 22:18

For it is a pleasant thing if thou keep them within thee; they shall withal be fitted in thy lips.

**Base:** ROM 2 Rounds of  
Clock Face Push Ups

12-3-6-9-12-9-6-3-12-3-6-9-12-9-6-12

Do a Push Up at each clock position moving only the hands to the next position keeping the feet in the center.

10 Samson Shot Puts @ 15-20 MB  
(8)

**Skill:** Handstand/Handstand Walk  
(5)

**Strength:** 5 Rounds of 8-10 Incline Bench Press  
4-0-1-0 Tempo

Scale Loads to skill and strength failing within rep range. Working TUT (Time Under Tension) No pause, explode from chest.

(15)

**MetCon:** 5 Rounds of  
Max Ring Push Ups  
Max Pull Ups  
Max Ring or Bar Dips

**Stamina:** 10 x 20 Meter Sprints

**Endurance:** Jog 1600

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